

Class Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00-9:45						Bumble Bee - SN Grass Hopper - AK
9:00-10:00		Caterpillar 9:30-10 - AK (Free Tuition, \$35 Enrollment Fee)				Cartwheel - AS Beta Warrior - TM
10:00-10:45		Rolly Poly - AC Grass Hopper - AK			Preschool Open Gym 10:00 - 11:30 am	Rolly Poly - AK Grass Hopper - AS
10:00-11:00				Cartwheel - TM Alpha Warrior - SN		
11:00-11:45		Bumble Bee - AK Fire Fly - AC				Grass Hopper - AS
11:00-12:00	Homeschool Classes 12:30-1:30 - Tumble Bugs, Girls Gymnastics, & Nina Warrior TnT		Homeschool Open Gym 12:00-2:00 pm	Homeschool Classes 1:00-2:00 - Tumble Bugs, Girls Gymnastics, & Nina Warrior TnT		Cartwheel - AK Flip Flop - TM Junior Tumbling 1 - SN
3:30-4:30	Cartwheel - AC Flip Flop/Aerial - TM Alpha Warrior - SN	Cartwheel - AC Alpha Warrior - TM	Cartwheel - SN Alpha Warrior - AC	Cartwheel - TM Alpha Warrior - AK		Open Gym 12:00-2:00 pm
3:45-4:30	Bumble Bee - AK	Bumble Bee - AS Grass Hopper - AK	Bumble Bee - AS Grass Hopper - TM	Bumble Bee - AC		Birthday Parties <u>Saturdays</u> 2:30-4:00 pm 4:30-6:00 pm 6:30-8:00 pm <u>Sundays</u> 1:00-2:30 3:00-4:30 5:00-6:30
4:30-5:30	Cartwheel - AC Alpha Warrior - TM	Cartwheel - AS Beta Warrior - TM	Cartwheel - TM Alpha Warrior - SN Flip Flop - AK	Cartwheel - AC Flip Flop/Aerial - AK Alpha Warrior - SN		
4:45-5:30	Bumble Bee - AK Grass Hopper - SN	Rolly Poly - AC Bumble Bee - AK	Rolly Poly - AS Bumble Bee - AC	Grass Hopper - TM		
5:30-6:30	Cartwheel - SN Junior Tumbling 1 - TM	Cartwheel - AC Alpha Warrior - SN Junior Tumbling 1 - AK	Cartwheel - AS Alpha Warrior - TM	Cartwheel - TM Junior Tumbling 1 - SN	Beta Warrior - SN	
5:45-6:30	Rolly Poly - AK Bumble Bee - AC	Grass Hopper - AS	Bumble Bee - AC Grass Hopper - SN	Rolly Poly - AK Bumble Bee - AC	Xcel Girl's Team 4:30-6:30 pm - TM	
6:30-7:30	Cartwheel - AK Varsity Tumbling 1 & 2 - TM	Aerial - SN Alpha Warrior - AS	Alpha Warrior - SN Flip Flop - TM	Cartwheel - SN Beta Warrior 2 - TM		Parent's Night Out 2nd Saturday of Every Month 6:00 - 10:00 pm
6:45-7:30	Grass Hopper - SN		Bumble Bee - AC Fire Fly - AS	Grass Hopper - AC	Open Gym 6:30 - 9:00 pm	
7:30-8:30		Xcel Girl's Team 6-8pm - TM		Skills Clinic 1st & 3rd Thursday 7:30-8:30		

Tumble Bugs Gymnastics - Walking - 5 yrs old

Caterpillar	6 Weeks - Walking
Rolly Poly	Walking - 2.99 yrs old
Bumble Bee	.3 yrs old
Grass Hopper	.4-5 yrs old
Fire Fly	3-5 yrs old - Advanced

Girls Gymnastics - Kindergarten & up

Cartwheel	Beginners Kindergarten & up
Flip Flop	Experienced Kindergarten & up
Aerial	Advanced Kindergarten & up

Ninja Warrior TnT - Kindergarten & up

Alpha Warrior	Kindergarten - 8 yrs old
Beta Warrior	9 yrs old & up

Junior Tumbling - Kindergarten & up

Junior Tumbling 1	Beginners Kindergarten & up
Junior Tumbling 2	Advanced Kindergarten & up

Varsity Tumbling - Middle School & High School

Varsity Tumbling 1	Beginning Tumbling
Varsity Tumbling 2	Advanced Tumbling

Alpha Omega Gymnastics
8412 Stacy Rd. Suite 100
McKinney, TX 75070

469-859-9936

Office Hours

Monday: 10:00 am - 7:30 pm
Tuesday-Friday: 9:00 am - 7:30 pm
Saturday: 9:00 am - Noon



Instructors

AC	Amanda Conant
AK	Allie Kester
AS	Ashleigh Schroeder
CK	Catherine Kester
GK	Greg Kester
MK	Macie Kester
RS	Robert Sult
SN	Sam Norris
TM	Ty Montgomery
VD	Valerie Dusek

Membership Accounts

Linda Sult - Accounts Department Manager
Mary-Kate Douglas - Front Desk/Accounts