





Class Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Class Time	SATURDAY
9:30-10:00		Inchworm - AB		Inchworm - AB		9:00-9:40	Caterpillar - LM Bumble Bee - KS Grass Hopper - TH
9:30-10:10		Rolly Poly - LM Bumble Bee/Grass Hopper - KS	Caterpillar - AB Bumble Bee/Grass Hopper - KS Fire Fly - SN	Bumble Bee - LM Grass Hopper - KS		9:00-9:55	Cartwheel - AZ, KJ Flip Flop - KH Beta Warrior - SN
10:15-10:45			Inchworm - AB		 10:00 - 11:30 AB, CH	10:00-10:40	Rolly Poly - AZ Bumble Bee - SS Grass Hopper - LM
10:15-10:55		Caterpillar - AB Bumble Bee - LM Grass Hopper - KS	Rolly Poly - KS Bumble Bee/Grass Hopper - SN	Rolly Poly - LM Bumble Bee/Grass Hopper - KS Fire Fly - AB		10:00-10:55	Cartwheel - KJ, IM Flip Flop - KH Alpha Warrior - SN
11:00-11:55		<u>Homeschool Classes</u> HS Girls Gymnastics HS Ninja Warrior	<u>Homeschool Classes</u> HS Girls Gymnastics HS Ninja Warrior	<u>Homeschool Classes</u> HS Cartwheel, HS Flip Flop, HS Ninja Warrior		11:00-11:40	Rolly Poly - LM Bumble Bee - IM Grass Hopper - SS
11:15-11:55		HS Rolly Poly HS Tumble Bugs (AB, JO, LM, KS)	HS Tumble Bugs (AB, SN, KS)	HS Tumble Bugs (KS, AB, JO, LM)		11:00-11:55	Cartwheel - KJ, IM Flip Flop - KH Junior Tumbling 1 - SN
	<b>Homeschool Open Gym</b> KJ, SN 12:30 - 2:00					12:00-12:40	Bumble Bee - KJ, SS Grass Hopper - KS
					12:00-12:55	Cartwheel - IM Alpha Warrior - SN	
3:00-3:40	Inchworm - AB Rolly Poly - LM Bumble Bee/Grass Hopper - KJ	Rolly Poly - LM Bumble Bee - AB Grass Hopper - KJ	Inchworm - AB Caterpillar - KJ Bumble Bee/Grass Hopper - JH	HS Cartwheel - KJ HS Flip Flop - AB HS Ninja Warrior - JO HS Tumble Bugs - LM	Xcel Bronze, Silver B: 3:45-5:40 Xcel Silver A, Gold: 4:15-6:10	 1:00-2:30 pm <b>Birthday Parties</b> Saturdays 3:00-4:30 pm 5:00-6:30 pm Sundays 1:00-2:30 3:00-4:30 5:00-6:30 	
3:45-4:40	Cartwheel - KH Flip Flop - AP Aerial - TM Alpha Warrior - SN	Cartwheel - KH Flip Flop - TM Alpha Warrior - JO Junior Tumbling - AZ	Cartwheel - AZ, JO Ninja Warrior - JH Junior Tumbling - TM	Cartwheel - AZ Flip Flop - KH Alpha Warrior - AB Devo Team - 3:45-5:40	Flip Flop - AZ (3:30-4:25) ** Bumble Bee/Grass Hopper - IM (3:45-4:25)		
4:00-4:40	Rolly Poly - AZ Bumble Bee - KJ Grass Hopper - LM	Bumble Bee - LM Grass Hopper - KJ	Bumble Bee - KS Grass Hopper - KJ	Bumble Bee - LM Grass Hopper - MA Fire Fly - KJ			
4:45-5:40	Cartwheel - AP, KH Alpha Warrior - AZ Beta Warrior - SN Xcel Gold: 4:45-6:40	Cartwheel - SS, KH Flip Flop/Aerial - AZ Xcel Bronze - 4:45-6:40	Cartwheel - AZ, JO Flip Flop - TM Alpha Warrior - SN	Cartwheel - SS Flip Flop/Aerial - AZ Alpha Warrior - SN Junior Tumbling 1 - KJ	Cartwheel - KJ (4:30-5:25) ** Bumble Bee/Grass Hopper - IM (4:45-5:25)		
5:00-5:40	Rolly Poly - LM Bumble Bee - KJ/MA Grass Hopper - SS	Caterpillar - LM Bumble Bee - EA Fire Fly - KJ	Rolly Poly - KJ Bumble Bee - JH Grass Hopper - KS	Caterpillar - MA Bumble Bee - LM Fire Fly - KH			
5:45-6:40	Cartwheel - KH, AP Junior Tumbling 1 - AZ	Cartwheel - AZ Flip Flop - KH Beta Warrior - JO Junior Tumbling 1 - SN	Cartwheel - KJ, JO Alpha Warrior - SN	Cartwheel - AZ, KJ Flip Flop - TM Alpha Warrior - JO Junior Tumbling 1 - SN	Cartwheel - IM (5:30-6:25) Alpha Warrior - KJ (5:30-6:25)		
6:00-6:40	Caterpillar - LM Bumble Bee - SS/MA Grass Hopper - KJ	Rolly Poly - LM Bumble Bee - SS Grass Hopper - EA	Bumble Bee - JH Grass Hopper - KS Fire Fly - AZ	Rolly Poly - MA Bumble Bee - LM Grass Hopper - SS			
6:45-7:40	Cartwheel - AZ, KJ Flip Flop/Aerial - AP Junior Tumbling 1 - KH Varsity Tumbling - TM Grass Hopper - SS	Cartwheel - KH Flip Flop/Aerial - AZ Alpha Warrior - SS Junior Tumbling 2 - SN Grass Hopper - JO	Cartwheel - KJ Flip Flop - AZ Alpha Warrior - JH Varsity Tumbling - SN Bumble Bee - KS	Cartwheel - KH Flip Flop - SN, TM Ninja Warrior - JO Caterpillar - AZ Bumble Bee - MA	 6:30 - 8:30 pm		
		Xcel Silver B: 6:30-8:25	Xcel Silver A, Gold: 6-7:55	<b>Skills Clinic</b> 1st & 3rd Thursday 7:45-8:45			

**Tumble Bugs Gymnastics - 6 wks - 5 yrs**  
Inchworm - (6 Weeks - 14 Months)  
Caterpillar - (14 - 24 Months)  
Rolly Poly - (24 - 36 Months)  
Bumble Bee - (3 - 4 Years Old)  
Grass Hopper - (4 - 5 Years Old)  
Fire Fly - (3-5 Years Old - Advanced)

**Ninja Warrior TrT - Kindergarten & up**  
Alpha Warrior - (Kindergarten - 8 yrs old)  
Beta Warrior - (9 yrs old & up)  
Delta Warrior - (Advanced - 6 yrs old & up)

**Girls Gymnastics - Kindergarten & up**  
Cartwheel - (Beginners)  
Flip Flop - (Experienced)  
Aerial - (Advanced)

**Junior Tumbling - Kindergarten & up**  
Junior Tumbling 1 - (Beginners)  
Junior Tumbling 2 - (Advanced)

**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

**Office Hours**

Monday-Friday 9:15a - 7:40p  
Saturday 9a - 2:30p  
Sunday Closed

**469-859-9936**

AB ..... Allie Bouchez  
AZ ..... Abi Zepeda  
AP ..... Addy Puckett  
EA ..... Emma Alexander  
IM ..... Imari Mitchell  
JC ..... Jenn Cao  
JH ..... Josh Hiebert  
KH ..... Katy Hullum  
KJ ..... Kenzie Jones  
KS ..... Kristen Swoger  
LM ..... Linda Martin

MA ..... Michael Alexander  
SS ..... Sara Schmitz  
SN ..... Sam Norris  
TH ..... Troy Hoff  
TM ..... Ty Montgomery  
JO ..... Julius Okpolor  
CH ..... Carole Harless

Skylar Kile Elianna Viperman  
Peyton Clough Shae Henson  
Alex Note

Allie Bouchez - Director of Operations  
Linda Sult - Director of Accounts  
Mary-Kate Douglas - Executive Assistant/Front Desk  
Erin Heard - Director of Marketing/Front Desk  
Rebekah Lovelace - Front Desk