Summer 2023

MOMENTUM GYMNASTICS

1371 B 10th Ave SW Salmon Arm

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MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SUNDAY	
Class	**Time**	**Class**	**Time**	**Class**	**Class**	**Time**	**Time**	**Class**	**Time**	**Class**	**Time**
Gymnastics Camp	8:30-12:30	Gymnastics Camp	8:30-12:30								
Parkour and Tramp Camp	9:00-1:00	Parkour and Tramp Camp	9:00-1:00								
				Parkour Privates	9:30-10:30	Adults	8:30-9:30				
Tumble Time	1:45-2:30	Bronze Bouncers	2:30-3:30	Tumble Time	9:00-9:45						
Junior Parkour	1:45-2:30	Bronze Balancers	2:30-3:30	Tumble Time Adv	9:45-10:45						
Bronze Bouncers	2:00-3:00	Junior Parkour	2:30-3:15	Bronze Bouncers	9:45-10:45						
Tramp Basics	2:30-3:30	Teen Beginner	3:15-4:15	Junior Parkour	10:30-11:15						
Youth Beginner	2:30-3:30	Youth Int.	4:30-5:30	Bronze Balancers	10:45-11:45						
Youth Intermediate	3:30-4:30	**Youth Drop In**	**5:30-6:30**	Teen Int	11:15-12:15						
		Tramp Flips	6:30-7:30	Bronze +	12:30-1:30						
		Teen Int/Advnaced	6:30-7:30	Silver Springers	1:30-3:00						
		Teen Drop In	**7:30-8:30**	Silver Springers	3:00-4:30						