

# KIDS CLASSES



VIEW OUR SCHEDULE  
**ONLINE**  
bethanyathleticclub.com  

## MONDAY

9:15am - 9:45am  
**Tumbling for Tots**  
Raellyne | BC (3-5 y.o.)  
10:30am - 11:00am  
**Baby & Me**  
Raellyne | BC

4pm - 5pm  
**Sports Unlimited**  
Coach Jason | BC (5+)

4:30pm - 5:15pm  
**Intro to Contemporary Dance**  
MB (6-8 y.o.)

5pm - 7pm  
**Craft Club**  
JL (5+)

## TUESDAY

4pm - 5pm  
**Sports Unlimited**  
Coach Jason | BC (5+)

4:30pm - 5:15pm  
**Contemporary Dance**  
MB (9-15 y.o.)

5pm - 7pm  
**Craft Club**  
JL (4-12 y.o.)

5pm - 5:45pm  
**Intro to Tumbling**  
BC (5+)

6pm - 6:45pm  
**Tumbling 1**  
BC Instructor Approval

7pm - 8pm  
**Tumbling 2**  
Jackie | Instructor Approval

## WEDNESDAY

9:15am - 9:45am  
**Tumbling for Tots**  
Raellyne | BC (3-5 y.o.)  
10:30am - 11:00am  
**Baby & Me**  
Raellyne | BC

4pm - 5pm  
**Sports Unlimited**  
Coach Jason | BC (6-12 y.o.)

4:30pm - 5:15pm  
**Kids Zumba**  
Natalia | 3 +

5pm - 7pm  
**Craft Club**  
JL (5+)

5:30pm - 6:25pm  
**Kids Yoga**  
Nuvana | MB (6+)

## THURSDAY

4pm - 5pm  
**Sports Unlimited**  
Coach Jason | BC (5+)

5pm - 5:45pm  
**Kid's Cycle**  
Tami | CS (9+)

5pm - 5:45pm  
**Intro to Tumbling**  
BC (5+)

5pm - 7pm  
**Craft Club**  
JL (4-12 y.o.)

6pm - 6:45pm  
**Tumbling 1**  
BC Instructor Approval

7pm - 8pm  
**Tumbling 2**  
Jackie | Instructor Approval

## FRIDAY

4pm - 5pm  
**Sports Unlimited**  
Coach Jason | BC (5+)

6pm - 6:55pm  
**Hip Hop 101**  
GX (9+)

## SATURDAY

10:15am - 11:00am  
**Family Cycle**  
Jennifer | CS (9+)

12pm - 12:45pm  
**Strength & Cond.**  
Maria | (6+)

## SUNDAY

BC | Basketball Court  
MB | Mind & Body Studio  
BB | Bistro Backroom  
CS | Cycle Studio  
JL | Junior Lounge

## Youth Basketball League

\*fee based

5pm - 6pm  
**Youth League Practice**  
Coach Jason | k-2nd grade

6pm - 7pm  
**Youth League Practice**  
Coach Jason | 3-5th grade

6pm - 7pm  
**Youth League Practice**  
Coach Jason | 6-8th grade

5pm - 6pm  
**Youth League Practice**  
Coach Jason | 3-5th grade

6pm - 7pm  
**Youth League Practice**  
Coach Jason | k-2nd grade

5pm - 6pm  
**Youth League Practice**  
Coach Jason | 6-8th grade

5pm - 6:30pm  
**Youth League Practice**  
Coach Jason | all grades

10am - 11am  
**Youth League Game**  
Coach Jason | k-2nd grade

11:30am - 12:30pm  
**Youth League Game**  
Coach Jason | 3-5th grade

1pm - 2pm  
**Youth League Game**  
Coach Jason | 6-8th grade