

HAWAII ACADEMY

Kalihi Gym CLASS SCHEDULE

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2016 December
Web page: www.HawaiiAcademy.com

| CLASS | MON | TUE | WED | THU | FRI | SAT | SUN |
|---|--|--|--|---|--|---|---|
| Adult & Child (age 1 - 3 years) Co-Ed / 1 hr | 830-930a Kira D 930-1030a Kira D 4-5p, 5-6p Mike N. | 5-6p Aurora Y | 4-5p 5-6p Khyra D | | 3-4p Paul P 5-6p Khyra DeMello | 830-930, 930-1030a 1030-1130a Shannon B | 830-930a, 930-1030a 1030-1130a Kat Green |
| Pre School (age 3-5 years) Co-Ed / 1 hr | 930-1030a Kira D 3-4, 4-5p, 5-6p Mike Nakashima | 3-5p, 4-5p Aurora Y 5-6p, 6-7p Khyra D | 3-4p Caleb C. 4-5p, 5-6p Khyra DeMello | 3-4p Aurora Y 4-5p Makana Wong 6-7p Paul Pitman | 3-4p Paul Pitman 4-5, 5-6p Khyra DeMello | 830-930a, 930-1030a 1030-1130a, 1130-1230p Khyra DeMello 1-2p, 2-3p Rita Sorenson | 830-930a Spencer D, Kayce D 930-1030a Caleb, Makana 1030-1130a Caleb C 1130-1230p Makana W 1-2p Kat G Y; 2-3p Paul P |
| Beginning Trampoline Classes (age 6+ years) Co-Ed / 1 hr | | | | | | 830-930a Derek K 930-1030, 1130a-1230p Matthew Jang 7-8p Tramp Flips Paul P | 830-930a Caleb Clinton 930-1030a Kayce D, Spencer D 1030-1130a Kayce D, Makana 1130-1230p Caleb C, Kayce D 1-2p Paul P; 2-3p Kat G. |
| Intermediate & Adv Trampoline Co-Ed / 2 hrs Tramp TEAM Co-Ed / 3 hrs | 5-8p Nani V | 5-8p Spencer D & Ven S | 5-8p Spencer Dupio | 4-6p Adv Spencer Dupio 6-8p Spencer Dupio | 5-8p Spencer D & Ven S | | 7-8p Tramp Flips Paul P 3-6p Shane D & Kelsen O |
| Beginning Tumbling for Cheer, Drill, Dance Co-Ed / 1 hr | 4-5p Khyra D 5-6p Ven S | 6-7p Aurora Yokota | 6-7p 7-8p Ven S | 4-5p, 5-6p, 7-8p Ven Seward | 4-5p 5-6p Paul Pitman | 830-930, 930-1030a Paul Pitman 1130a-1230p Shannon B 1-2p, 2-3p Spencer D | 830-930a, 930-1030a Shane D 1030-1130p Shane D 1130a-1230p Shane D 1-2p, 2-3p Ven S |
| Intermediate & Adv Tumbling Co-Ed / 2 hrs | | | | | 4-6p Chris Jackson | 830-1030a, 1030a-1230p Shane Doi 1-3p Ven S 3-5p Ven S, Derek K | 1030a-1230p Ven S 1-3p INT Caleb C. 1-3p ADV Shane D |
| Apparatus Gym Classes Co-Ed / 1-2 hrs | | | | | | BEG: 830-930, 930-1030a 1030-1130a, 1130-1230p Sensei Makoto Sakamoto | BEG: 1030-1130a INT: 830-1030a Sensei Mako Sakamoto |
| Beginning Mixed Gym Classes Co-Ed / 1 hr | 3-4p Khyra D 5-6p Khyra D 6-7p Khyra D | 3-4p, 4-5p Khyra DeMello 5-6p, 6-7p Angel K | 2-3p, 4-5p Caleb 3-4p 4-5p, 5-6p Paul Pitman 6-7p Khyra DeMello | 3-4 Paul P 4-5, 5-6 Aurora Yokota 6-7p Makana, Ven | 3-4p Khyra D 4-5p, 5-6p Caleb Clinton 6-7p Paul Pitman | 830-930a Matt J 930-1030a Derek K 1030-1130a Matt J, Paul P 1130-1230p Paul P 1-2p, 2-3p Shannon B 4-5p Rita S 5-6p Ven S | 830-930a Makana W 1130-1230p Sensei Mako Sakamoto 3-4p, 4-5p Paul Pitman |
| Intermediate & Advanced Mixed Gym Co-Ed / 2 hrs | 4-6p Paul P 6-8p Paul P | 4-6p Ven S | 2-4p Chris J. 4-6p Ven S 6-8pA Caleb C. 6-8pB Paul P | 4-6p Int Paul P 6-8p Int Aurora Yokota | 4-6p Ven Seward 6-8p Chris Jackson | 830-1030a Spencer D 1030a-1230p Derek K 1030a-1230p ADV Spencer D 1-3p Caleb C, Derek K 3-5p Caleb C | 8:30-10:30a Ven S 1030a-1230p Spencer D 1-3p Spencer Dupio 3-5p Caleb C. |
| Adult Fit Gym Co-Ed / 19-49 yrs | | 730-930p Dr Mah | | 730-930p Dr Mah | | | |
| Senior Flex Fit Co-Ed / 50-97 yrs (1.5 hrs) | 11:45a-1:15p Dr. Max V. | | | | | | |
| NEW NINJA Classes Ages 3-100+ Co-Ed / 1-2 hrs | 7-8p BEG Khyra DeMello | 4-5p BEG Matt J 5-6p BEG Matt J 7-8p BEG Khyra D | 2-3p PS Paul P 4-5p BEG Chris J 5-6p BEG Chris J 6-8p INT Chris J | 7-8p BEG Paul Pitman | 7-8p BEG Paul Pitman | 3-4p PS Rita S, BEG KO 4-5p PS Kayttie, BEG Kelsen 5-6p PS Rita S 5-6p Beg Kelsen, Sydney 5-6p HS+Adult Paul P 6-7p HS+Adult Paul P 6-7p Beg Sydney S. 6-7p Beg Kayttie 6-8p INT Kelsen O | 5-6p BEG Paul P 6-7p BEG Paul P |
| Special Needs (45-50 min w/ Aid) | | | | | 300-345p Ven Seward | | |

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| Monthly Tuition: | FREE TRIAL CLASS! (Military Personnel pay 20% less than prices shown below for tuition but full price on everything else) | | | | | | |
| 4 Weeks / Month | 1 Class Per Week | 1 student/2X 2 students/1X | 1 student/3X 3 students/1X | 1 student/4X 4 students/1X | 1 student/5X 5 students/1X | 1 student/6X 6 students/1X | 1 student/7X 7 students/1X |
| 1 Hour Class | \$60.00 | \$108.00 | \$153.00 | \$192.00 | \$225.00 | \$252.00 | \$273.00 |
| 2 Hour Class | \$90.00 | \$162.00 | \$229.50 | \$288.00 | \$337.50 | \$378.00 | \$409.50 |

Join Anytime! Join anytime during an ongoing 4-week (monthly) session, we simply pro-rate the remaining weeks.
Make Ups! Make-ups are prescheduled BEFORE missed class and only in classes with available space.
Cancellation Notice: Once enrolled, a student's space in a class is automatically reserved from session to session unless the office receives written notice of discontinuation at least two weeks before the end of the session.
Annual Membership: \$60 due 01 January each year for insurance, T-shirt, fitness testing, portrait, registration, etc. Mid-year enrollment is pro-rated at \$5 for each remaining month of the calendar year.
Birthday Parties: Saturdays 3-5p & 6-8p; Sundays 5:30-7:30p; \$100 deposit; book early because the dates fill quickly
Extra Practice Nights: Mon (6-8p), & Fri (6-10p), \$7/hr non-member (\$5/hr member), Ages 6+ (also at Pearl Harbor Gym Sat 5-8p)