

**Pearl Harbor Gymnastics**  
**CLASS SCHEDULE**

For Military Personnel and Immediate Families

CLASS	MON	TUE	WED	THU	FRI	SAT	SUN
<b>Managers</b> In Charge of Gym	Joslyn Meeker Nicole Almonte	Joslyn Meeker Lauren Debrier	Audrey Shepherd Lauren Debrier	Kira Dodson	Audrey Shepherd Kat Green	Lauren Debrier Nicole Almonte	Audrey Shepherd
<b>Adult &amp; Child</b> (age 1 - 3 years) CoEd / 1 hr	5-6p Annalisa Shepherd	930-1030a Susan W 1030-1130a Cathy Donnelly 5-6p Ashley E	830-930a Susan Wilson 4-5p Shannon Banks 5-6p Zach Moore	5-6p Ashley Edick	830-930a Shannon 930-1030a Cathy D 1030-1130a Cathy D 1130a-1230p Cathy D 1230-130p Cathy D	830-930a Nicole Almonte 930-1030a Brian Lane 1030-1130a Nicole Almonte	830-930a 930-1030a Shannon Banks 1030-1130a Natalie Lacroix
<b>Pre School</b> (age 3-5 years) CoEd / 1 hr	2-3p 3-4p 4-5p 5-6p 6-7p Annalisa Shepherd	930-1030p Cathy 1030-1130a Susan Wilson 1130a-1230p 1230-130p Cathy Donnelly 3-4p Mike N 4-5p Ashley E 5-6p Nicole A 6-7p Ashley E	830-930a Audrey Shepherd 930-1030a 1030-1130a Susan Wilson 1130a-1230p Joslyn 1230-130p Joslyn 2-3p, 3-4p, 4-5p Dana Bates 5-6, 6-7p Ashley Edick	2-3p Audrey S 3-4p Audrey S 4-5p Ashley E 5-6p Zach M 6-7p Zach M	830-930a Cathy D 930-1030a Shannon 1030-1130a Shannon 1130a-1230p Cathy 1230-130p Cathy 3-4p Quintin B 4-5p Quintin B 5-6p Nikales F	830-930a 930-1030a 1030-1130a 1130a-1230p Nia Alvin	830-930a 930-1030a Natalie Lacroix 1030-1130a Annalisa Shepherd
<b>Beginning Gymnastics</b> (Gymnastics Introduction) (age 5-49 years) CoEd / 1 hr	1-2p 2-3p, 3-4p Dana Bates 4-5p, 5-6p A 6-7p A Ashley Edick 5-6p B, 6-7p B Kat Green 7-8p Annalisa S	1130a-1230p 1230-130p Susan Wilson 2-3p Mike N 3-4p Brian L, Dana B 4-5p, 5-6 Dana Bates 6-7p Nicole A 7-8p Nicole A	830-930a, 930-1030a 1030-1130a Joslyn Meeker 2-3p Brian L 3-4p Brian, Shannon 4-5p Zach M, Ashley E 5-6pA, 6-7pA Dana 5-6pB Shannon B 6-7pB Shannon B 7-8p Dana Bates	2-3p Quintin B 3-4p Quintin, Zach 4-5p Quintin B 5-6p Brian L 6-7p Ashley Edick 7-8p Quintin B	830-930a Susan W 930-1030a Susan 1030-1130a Susan 3-4p, 4-5p, 5-6p, 6-7p Nia Alvin	830-930a Brian L 930-1030a Nicole A 1030-1130a Brian L 1130a-1230p Nicole A 1230-130p Zach M	830-930a 930-1030a Annalisa Shepherd 1030-1130a 1130a-1230p Shannon Banks
<b>Intermediate &amp; Adv Gymnastics</b> (age 6-49 years) Co-Ed / 2 hrs	3-5p, 5-7p Zach Moore 6-8p Quintin Bond Dana Bates	3-5p Zach M 4-6p Brian L 6-8p Dana B	2-4p Zach Moore 4-6p, 6-8p Brian Lane	3-5p Brian L 5-7p Quintin Bond 6-8p TUMB Brian		830-1030a 1030a-1230p Zach Moore 1130a-130p Brian Lane	830-1030a 1030-1230a Zach Moore
<b>Adult</b> Gymnastics & Fitness		730-930p (Kalihi) Dr Mah	6-8p (Pearl Harbor) Brian Batson	730-930p (Kalihi) Dr Mah			
<b>Beg Apparatus</b> All Ages & Abilities		6-7p Brian Lane					
<b>Beg Tumbling</b> All Ages & Abilities	4-5p Dana Bates	5-6p Mike N 7-8p Brian L	7-8p Ashley Edick	7-8p Katherine O			
<b>FUN NIGHT</b> \$5/hr Members; \$7/hr Non-Mem					6-10p Kalihi	5-8p Pearl Harbor	
<b>*NEW* NINJA Classes</b> Ages 3-100+ Co-Ed 1-2 Hour Add One Of These Classes	7-8p BEG Zach Moore	4-5p BEG Mike N 5-6p BEG Zach M 6-7p BEG Mike N 7-8p BEG Mike N 6-8p INT Zach Moore		2-3p BEG 4-5 BEG 7-8p BEG Zach Moore	2-3p Beg Quintin 4-6p Beg Nickales 5-6p, 6-7p Beg Quintin 6-7p PS Nickales 7-8p Beg Quintin 7-8p PS Nia A	830-930a Beg Quintin 930-1130a Int Quintin 1130-1230p Beg Quintin 1230-130p PS Nicole 1230-130p Beg Quintin	830-930a, 930-1030a Kenneth 1030-1130a BEG JB/KI 1130a-1230p BEG Annalisa 1130a-1230p PS NL/KI 1230-230p INT Zach M 1230-130p PS Natalie 1230-130p BEGSB/KI
<b>TRAMP &amp; FITNESS TEAM TRAINING</b>		5-8p Kalihi			5-8p Pearl Harbor	5-8p Kalihi	1130-230p Pearl Harbor
1 Hour Classes	\$48.00	\$86.40	\$122.40	\$153.60	\$180.00	\$201.60	\$218.40
2 Hour Classes	\$72.00	\$129.60	\$183.60	\$230.40	\$270.00	\$302.40	\$327.60

Join Anytime!

Make Ups:

Cancellation Notice:

Annual Membership:

Birthday Parties & Special Events:

Fun Nights:

Equipment:

Join anytime during an ongoing 4-week session, we simply pro-rate the remaining weeks.

Make-ups are prescheduled BEFORE missed class and only in classes with available space. Please Phone First

Please provide two weeks advance notice of cancellation so a waitlisted student can be notified.

\$60/yr (payable in January) 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

Saturdays, Sundays, Holidays: \$100 deposit; Phone 842.5642 (KG) or 422.2223 (PH) for additional information

Mon6-8p & Fri6-10p at Kalihi Gym / Sat5-8p at PH Gym: \$7/hr non-member (\$5/hr member), Ages 6+

All HA equipment in the gym is available for rent or sale (we replace sold items with new ones)