

HAWAII ACADEMY

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Kalihi Gym CLASS SCHEDULE

2017 July

Web page: www.HawaiiAcademy.com

CLASS	MON	TUE	WED	THU	FRI	SAT	SUN
Adult & Child (age 1 - 3 years) CoEd / 1 hr	830-930a, 930-1030a Cathy Donnelly 3-4p, 5-6p Ally 4-5p Mike N	5-6p Aurora Y	4-5p 5-6p Ally Verduyssen		3-4p Paul P 5-6p Khyra DeMello	830-930, 930-1030a 1030-1130a Aurora Yokota	830-930a, 930-1030a 1030-1130a Khyra Demello
Pre School (age 3-5 years) CoEd / 1 hr	930-1030a Cathy D 1030-1130a Cathy D 3-4, 5-6p Mike 4-5p Ally V	3-4p, 4-5p Aurora Y 5-6p, 6-7p Ally V	3-4p Ally V 4-5p, 5-6p Ally Verduyssen	3-4p Aurora Y 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 Alexis 1030-1130a Sheldon 1130-1230p Alexis P 2-3p Paul P
Beginning Trampoline Classes (age 6+ years) Co-Ed / 1 hr						830-930a Justin Ho 930-1030, 1130a-1230p Ally Verduyssen 4-5p Tramp Flips Dr Max 5-6p Tramp Flips Ven S	830-930a ZM 930-1030a Kayce D, Spencer D 1030-1130a Kayce D, Alexis P 1130-1230p Kayce D 1-2p Paul P; 2-3p Ally V
Intermediate & Adv Trampoline Co-Ed / 2 hrs				4-6p Spencer Dupio			6-7p Tramp Flips Paul P
TrampNinja TEAM Co-Ed / 3 hrs	5-8p Nani V & Mia V	5-8p Spencer D & Ven S	5-8p Dr Max & Spencer D	4-7, 6-9p Spencer Dupio	5-8p Spencer Dupio	5-8p Dr Max & Nani V	3-6p Spencer 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 Ven S 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 Aurora Y 1-2p, 2-3p Spencer D	930-1030a Zach M 1030-1130p Shane D 1130a-1230p Khyra 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, Shane D 3-5p Ven Seward	830a-1030 Shane D 1030a-1230p Ven S 1-3p INT Zach M 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	1030-1130a Cathy D 3-4p Khyra D 5-6p Khyra D 6-7p Khyra D	3-4p, 4-5p Ally Verduyssen 5-6p, 6-7p Angel K	2-3p Ally V 4-5p Tori 3-4p 4-5p, 5-6p Paul Pitman 6-7p Ally Verduyssen	3-4 Paul P 4-5, 5-6 Aurora Yokota 6-7p Ven Seward Sara Peck	3-4p Khyra D 4-5p, 5-6p TBD 6-7p Paul Pitman 6-7, 7-8p Chris Jackson	830-930a Ally V 930-1030a Justin Ho 1030-1130a Ally V, Paul P 1130-1230p Paul P 1-2p, 2-3p Aurora Y 4-5p Rita S 5-6p Ven S	830-930a Alexis Proffitt 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 Tori 6-8pB Paul P	4-6p Paul Pitman 6-8p Aurora Yokota	4-6p Ven S 6-8p INT Chris Jackson 6-8p INT/ADV Scott Ryan	830-1030a Spencer D 1030a-1230p Spencer D 1030a-1230p ADV Spencer D 1-3p TBD 3-5p TBD	8:30-10:30a Ven S 1030a-1230p Spencer D 1-3p Spencer Dupio 3-5p Zach M
Adult Fit Gym CoEd / 19-49 yrs		730-930p Dr Mah	6-8p Pearl Harbor Brian Batson	730-930p Dr Mah			
Senior Flex Fit CoEd / 50-97 yrs (1.5 hrs)	11:45a-1:15p Dr Max V						
NEW NINJA Classes Ages 3-100+ Co-Ed / 1-2 hrs	2-3p BEG Mike N 6-7p BEG Ally V 7-8p BEG Khyra	4-5p BEG B. Lee 5-6p BEG B. Lee 6-7p B. Lee 7-8p BEG Ally V 6-8p INT B. Lee	2-3p PS Paul P 4-5p BEG Chris J 5-6p BEG Tori	4-5p BEG Sara Peck 5-6p BEG Sara Peck 7-8p BEG Paul Pitman	7-8p BEG Paul Pitman	3-4p PS Rita Sorenson 3-4p BEG Kelsen O 4-5p PS Kaytie N 4-5p BEG Kelsen O 5-6p PS Rita S 5-6p BEG Male Kelsen O 5-6, 6-7p BEG Brandon L 6-8p INT Kelsen O 7-8p BEG Brandon L	1130-1230p Caleb C 1-2p PS Ally Verduyssen 5-6p BEG Paul Pitman 6-7p BEG (Tramp Flips) Paul Pitman
Special Needs (45-50 min w/ Aid)					300-345p Chris Jackson		

Monthly Tuition:	FREE TRIAL CLASS!						
	1 Class	1 student/2X	1 student/3X	1 student/4X	1 student/5X	1 student/6X	1 student/7X
4 Weeks / Month	Per Week	2 students/1X	3 students/1X	4 students/1X	5 students/1X	6 students/1X	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.
Birthday Parties: Mid-year enrollment is pro-rated at \$5 for each remaining month of the calendar year
Extra Practice Nights: Saturdays 3-5p & 6-8p; Sundays 5:30-7:30p; \$100 deposit; book early because the dates fill quickly
 Fri (8-10p), \$7/hr non-member (\$5/hr member), Ages 6+ (also at Pearl Harbor Gym Sat 5-8p)