

# HAWAII ACADEMY

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## Honolulu Gym (HG) CLASS SCHEDULE

2017 September

Web page: www.HawaiiAcademy.com

CLASS	MON	TUE	WED	THU	FRI	SAT	SUN
<b>Adult &amp; Child</b> (age 1 - 3 years) Co-Ed / 1 hr	830-930a CD 930-1030a CD 3-4p, 4-5p, 5-6p Mike N	5-6p Aurora Y	4-5p 5-6p Ally Vercruyssen		3-4p Paul P 5-6p Khyra DeMello	830-930, 930-1030a 1030-1130a Aurora Yokota	830-930a, 930-1030a 1030-1130a Khyra Demello
<b>Pre School</b> (age 3-5 years) Co-Ed / 1 hr	930-1030a Cathy D 1030-1130a Cathy D 3-4, 5-6p Mike 4-5p Ally V	3-4p Ally V 4-5p Aurora Y 5-6p, 6-7p Ally V	3-4p Ally V 4-5p, 5-6p Ally Vercruyssen	3-4p Saralyn P 6-7p Paul P	3-4p Paul Pitman 4-5, 5-6p Khyra DeMello	830-930a, 930-1030a 1030-1130a, 1130-1230p Khyra DeMello 1-2p, 2-3p Alika Pepe	830-930a Spencer D, Holly F 930-1030a Alexis P 1030-1130a Holly F 1130-1230p Alexis P 2-3p Paul P
<b>Beginning Trampoline Classes</b> (age 6+ years) Co-Ed / 1 hr						830-930a Ven Seward 930-1030, 1130a-1230p Ally Vercruyssen 4-5p Tramp Flips Dr Max 5-6p Tramp Flips Ven S	830-930a ZM 930-1030a Holly F, Spencer D 1030-1130a ZM, Alexis P 1130-1230p Holly F 1-2p Paul P; 2-3p Ally V
<b>Intermediate &amp; Adv Trampoline</b> Co-Ed / 2 hrs				4-6p Spencer Dupio			6-7p Tramp Flips Paul P
<b>TrampNinja TEAM</b> Co-Ed / 3 hrs	5-8p Nani V & Kira V	5-8p Spencer D & Ven S	5-8p Spencer D & Kira V	6-9p Spencer Dupio	5-8p Spencer D & Ven S	5-8p Kira Vercruyssen	3-6p Spencer D & Kelsen O
<b>Beginning Tumbling</b> for Cheer, Drill, Dance Co-Ed / 1 hr	4-5p Khyra D 5-6p Khyra D	6-7p Aurora Yokota	6-7p Ven S 7-8p Ven S	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
<b>Intermediate &amp; Adv Tumbling</b> Co-Ed / 2 hrs				4-6p Ven Seward	4-6p Chris Jackson	830-1030a, 1030a-1230p SD 1-3p ADV Shane Doi 1-3p Ven Seward 3-5p Ven Seward	830a-1030 Shane D 1030a-1230p Ven S 1-3p INT Zach M 1-3p ADV Shane D
<b>Apparatus Gym Classes</b> 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
<b>Beginning Mixed Gym Classes</b> Co-Ed / 1 hr	1030-1130a Cathy D 3-4p Khyra D 5-6p Ally V 6-7p Khyra D	3-4p Matt Jang 4-5p Ally V 5-6p, 6-7p SF	2-3p Ally V, 4-5p AY 3-4p 4-5p, 5-6p Paul Pitman 6-7p Ally Vercruyssen	3-4 Paul P 4-5, 5-6 Aurora Yokota 6-7p Ven Seward Sara Peck	3-4p Khyra D 4-5p, 5-6p Ally V 6-7p Paul Pitman	830-930a Ally V 930-1030a Ven Seward 1030-1130a Ally V, Paul P 1130-1230p Paul P 1-2p, 2-3p Ally V 4-5p B. Lee	830-930a Alexis Proffitt 1130-1230p Sensei Mako Sakamoto 3-4p, 4-5p Paul Pitman
<b>Intermediate &amp; Advanced Mixed Gym</b> Co-Ed / 2 hrs	4-6p Paul P 6-8p Paul P	4-6p Ven S	2-4p Spencer D 4-6p Ven S 6-8pA Aurora Y 6-8pB Paul P	4-6p Paul Pitman 6-8p Aurora Yokota	4-6p Ven S 6-8p INT/ADV Scott Ryan	830-1030a Spencer D 1030a-1230p Ven Seward 1030a-1230p ADV Spencer D 1-3p Aurora Yokota 3-5p Shane Doi	8:30-10:30a Ven S 1030a-1230p Spencer D 1-3p Spencer Dupio 3-5p Zach M
<b>Adult Fit Gym</b> Co-Ed / 19-49 yrs		730-930p Dr Mah / KF		730-930p Dr Mah / KF			
<b>Senior Flex Fit</b> Co-Ed / 50-97 yrs (1.5 hrs)	11:45a-1:15p Dr Max V						
<b>NEW NINJA Classes</b> Ages 3-100+ Co-Ed / 1-2 hrs	2-3p BEG Mike N 3-4p BEG Ally V 7-8p BEG Mike N	4-5p BEG Matt J 5-6p BEG Matt J 6-7p Matt Jang 7-8p BEG Ally V	2-3p PS Paul P 4-5p BEG Spencer 5-6p BEG Aurora Y	4-5p BEG Sara Peck 5-6p BEG Sara Peck 7-8p BEG Paul Pitman	7-8p BEG Paul Pitman	3-4p PS B. Lee 3-4p BEG Kelsen O 4-5p PS Kayttie N 4-5p BEG Kelsen O 5-6p PS Sydney S 5-6p BEG Male Kelsen O 5-6 Female, 6-7p BEG BL 6-8p INT Kelsen O 7-8p BEG Brandon L	1130-1230p Zach Moore 1-2p PS Ally Vercruyssen 5-6p BEG Paul Pitman
<b>Special Needs</b> (45-50 min w/ Aid)					300-345p Chris Jackson		

<b>Monthly Tuition:</b>	<b>FREE TRIAL CLASS!</b> (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	1 student/3X	1 student/4X	1 student/5X	1 student/6X	1 student/7X
1 Hour Class	\$60.00	2 students/1X	3 students/1X	4 students/1X	5 students/1X	6 students/1X	7 students/1X
2 Hour Class	\$90.00	\$108.00	\$153.00	\$192.00	\$225.00	\$273.00	\$273.00
		\$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:** Fri (8-10p), \$7/hr non-member (\$5/hr member), Ages 6+ (also at Pearl Harbor Gym Sat 5-8p)