

**Pearl Harbor Gymnastics
CLASS SCHEDULE**

For Military Personnel and Immediate Families

CLASS	MON	TUE	WED	THU	FRI	SAT	SUN
Managers In Charge of Gym	Kat Green Nicole Almonte	Nicole Almonte Kat Green	Nicole Almonte Kat Green	Jessica Flippo	Kat Green Jessica Flippo	Nicole Almonte	Kat Green
Adult & Child (age 1 - 3 years) CoEd / 1 hr	5-6p Sara Plante	830-930a Cathy Donnelly 930-1030a Tori Deems 1030-1130a Cathy Donnelly 5-6p Alexis P	830-930a Cathy Donnelly 4-5p Mike Nakashima 5-6p Sara Plante	5-6p Alexis Proffitt	830-930a Valerie B 930-1030a Cathy D 1030-1130a Cathy D 1130a-1230p Cathy D	830-930a Tori Deems 930-1030a Brian Lane 1030-1130a Sarah Harris	830-930a 930-1030a Valerie Barnes 1030-1130a Mike Nakashima
Pre School (age 3-5 years) CoEd / 1 hr	2-3p Tori Deems 4-5p Tori Deems 5-6p Dana Bates 6-7p Sara Plante	830-930a 930-1030a Cathy Donnelly 3-4p Mike N 4-5p Alexis P 5-6p Sarah Harris 6-7p Alexis P	830-930a Audrey 930-1030a Cathy 1030-1130a Cathy 2-3p Mike 3-4p Tori 4-5p Dana 5-6, 6-7p Tori Deems	2-3p Jessica F 3-4p Alexis P 4-5p Alexis P 5-6p Mike N 6-7p Mike N	830-930a Cathy D 930-1030a Valerie 1030-1130a Valerie 1130a-1230p Cathy 3-4p Brian L 4-5p Brian L 5-6p Brian L	830-930a Sarah Harris 930-1030a 1030-1130a 1130a-1230p Tori Deems	830-930a 930-1030a Mike Nakashima 1030-1130a Tori Deems
Beginning Gymnastics (Gymnastics Introduction) (age 5-49 years) CoEd / 1 hr	1-2p Tori Deems 2-3p, 3-4p, 4-5p, 5-6p A 6-7p A, 7-8p Alexis Proffitt 5-6p B, 6-7p B Tori Deems	1130a-1230p Tori Deems 1230-130p Cathy Donnelly 2-3p Mike N 3-4p Brian L 4-5p, 5-6 Dana Bates 6-7, 7-8p Sarah Harris	830-930a, 930-1030a 1030-1130a, 1130a-1230p Cathy Donnelly 2-3p Brian L 3-4p Brian, Shannon 4-5p Sara P, Tori D 5-6pA, 6-7pA Dana 5-6pB Shannon B 6-7pB Shannon B 7-8p Dana Bates	3-4p Mike N 4-5p Dana B 5-6p Brian L 6-7p Tori Deems 7-8p Mike N	830-930, 930-1030, 1030-1130a, 3-4, 4-5, 5-6, 6-7p Mike Nakashima	830-930a Brian L 930-1030a Sarah H 1030-1130a Brian L 1130a-1230p Sarah H 1230-130p Mike N	830-930a 930-1030a Tori Deems 1030-1130a 1130a-1230p Valerie Barnes
Intermediate & Adv Gymnastics (age 6-49 years) Co-Ed / 2 hrs	6-8p A & B Damany Richards Dana Bates	3-5p Kira V 4-6p Brian L 6-8p Dana B	2-4p Sara Plante 4-6p, 6-8p Brian Lane	3-5p Brian L 5-7p Dane Bates 6-8p TUMB Brian	4-6p Kelsen Onigama	930-1130a Mike Nakashima 1130a-130p Brian Lane	1030-1230a Dana Bates
Beginning Trampoline				4-5p FLIPS Kira Vercruyssen	4-5p FLIPS Kira Vercruyssen		
Intermediate & Adv Trampoline					6-8p Kelsen Onigama		
Adult Gymnastics & Fitness		730-930p (Kalihi) Dr Mah	6-8p (Pearl Harbor) Jade Dela Paz	730-930p (Kalihi) Dr Mah			
Beg Apparatus All Ages & Abilities		6-7p Brian Lane		4-5p FLIPS Kira Vercruyssen	4-5p FLIPS Kira Vercruyssen		
Beg Tumbling All Ages & Abilities	4-5p Dana Bates	7-8p Brian L	7-8p Tori Deems	7-8p Alexis Proffitt			
FUN NIGHT \$5/hr Members; \$7/hr Non-Mem					8-10p Kalihi	5-8p Pearl Harbor	
NEW NINJA Classes Ages 3-100+ Co-Ed 1-2 Hour Add One Of These Classes	3-4p PS Tori Deems 3-4p BEG Sara P 4-5p PS Sara P 7-8p BEG Tori Deems	1030-1130a PS Tori 1130a-1230p PS Cathy 5-6p PS Mike N 4-5p, 5-6p, 6-7p, 7-8p BEG Mike N/Kira V 6-8p INT Kira V	1130a-1230p BEG 1230-130p BEG Cathy Donnelly	2-3p BEG Mike N 3-4p BEG Kira V 4-5p BEG Mike N 7-8p BEG Dana B	1230-130p BEG Cathy 2-3p BEG Brian L 4-5, 5-6, 6-7p BEG Nick 6-7p PS Brian 6-8p INT Kelsen 7-8p BEG Brian 7-8p PS Mike	830-930a BEG Mike N 1130-1230 Beg Mike N 1230-130p PS Sarah	830-930a, 930-1030a Kenneth 830-1030p INT Dana B 1030-1130a BEG Kenneth 1130a-1230p BEG Tori 1130a-1230p PS Mike 1130a-130p INT Kenneth 1230-130p BEG Tori
TRAMP & FITNESS TEAM TRAINING	5-8p Kalihi	5-8p Kalihi	5-8p Kalihi	5-8p Pearl Harbor 4-7 & 6-9p Kalihi	5-8p Pearl Harbor 5-8p Kalihi	5-8p Kalihi	3-6p Kalihi
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 of the month.

Make-ups must be scheduled in advance and must be completed within the same month as the missed class.

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

Fri 8-10p at Kalihi Gym / Sat 5-8p 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)