

**Pearl Harbor Gymnastics  
CLASS SCHEDULE**

For Military Personnel and Immediate Families

CLASS	MON	TUE	WED	THU	FRI	SAT	SUN
<b>Managers In Charge of Gym</b>	<b>Kat Green Nicole Almonte</b>	<b>Nicole Almonte Jessica Flippo</b>	<b>Nicole Almonte Kat Green</b>	<b>Jessica Flippo</b>	<b>Kat Green Jess Dekok</b>	<b>Nicole Almonte</b>	<b>Tori Deems</b>
<b>Adult &amp; Child</b> (age 1 - 3 years) CoEd / 1 hr	<b>2-3p</b> Tori Deems <b>5-6p</b> Valerie Barnes	<b>830-930a</b> Cathy Donnelly <b>930-1030a</b> Tori Deems <b>1030-1130a</b> Cathy Donnelly	<b>830-930a</b> Cathy Donnelly <b>4-5p</b> Mike Nakashima <b>5-6p</b> Valerie Barnes	<b>5-6p</b> Alexis Proffit	<b>830-930a</b> Sarah H <b>930-1030a</b> Cathy D <b>1030-1130a</b> Cathy D <b>1130a-1230p</b> Cathy D	<b>830-930a</b> Tori Deems <b>930-1030a</b> Brian Lane <b>1030-1130a</b> Sarah Harris	<b>830-930a</b> <b>930-1030a</b> Valerie Barnes <b>1030-1130a</b> Natalie Lacroix
<b>Pre School</b> (age 3-5 years) CoEd / 1 hr	<b>2-3p</b> Tori Deems <b>4-5p</b> Tori Deems <b>5-6p</b> Dana Bates <b>6-7p</b> Valerie Barnes	<b>830-930a</b> <b>930-1030a</b> Cathy Donnelly <b>3-4p</b> Mike N <b>4-5p</b> Alexis P <b>5-6p</b> Sarah Harris <b>6-7p</b> Alexis P	<b>830-930a</b> Sabrina J <b>930-1030a</b> Cathy <b>1030-1130a</b> Cathy <b>2-3p</b> Mike <b>3-4p</b> Tori <b>4-5p</b> Dana <b>5-6, 6-7p</b> Tori Deems	<b>2-3p</b> Sarah H <b>3-4p</b> Alexis P <b>4-5p</b> Alexis P <b>5-6p</b> Mike N <b>6-7p</b> Mike N	<b>830-930a</b> Cathy D <b>930-1030a</b> Sarah H <b>1030-1130a</b> Sarah H <b>1130a-1230p</b> Cathy <b>3-4p</b> Brian L <b>4-5p</b> Brian L <b>5-6p</b> Brian L	<b>830-930a</b> Sarah Harris <b>930-1030a</b> <b>1030-1130a</b> Tori Deems	<b>830-930a</b> <b>930-1030a</b> Natalie Lacroix <b>1030-1130a</b> Valerie Barnes
<b>Beginning Gymnastics</b> (Gymnastics Introduction) (age 5-49 years) CoEd / 1 hr	<b>1-2p</b> Tori Deems <b>2-3p, 3-4p,</b> <b>4-5p, 5-6p A</b> <b>6-7p A, 7-8p</b> Sarah H <b>5-6p B, 6-7p B</b> Tori Deems	<b>1130a-1230p</b> Cathy Donnelly <b>1230-130p</b> Cathy Donnelly <b>2-3p</b> Mike N <b>3-4p</b> Brian L <b>4-5p, 5-6</b> Dana Bates <b>4-5, 7-8p</b> Sarah Harris	<b>930-1030a</b> Sabrina J <b>2-3p</b> Brian L <b>3-4p</b> Mike N <b>4-5p</b> Valerie B <b>5-6pA</b> Dana <b>5-6pB</b> Mike N <b>6-7p</b> Mike N	<b>3-4p</b> Mike N <b>4-5p</b> Dana B <b>5-6p</b> Brian L <b>6-7p</b> Alexis <b>7-8p</b> Mike N	<b>830-930, 930-1030,</b> <b>1030-1130a,</b> <b>3-4, 4-5, 5-6,</b> <b>6-7p, 7-8p</b> Mike Nakashima	<b>830-930a</b> Brian L <b>930-1030a</b> Sarah H <b>1030-1130a</b> Brian L <b>1130a-1230p</b> Sarah H <b>1230-130p</b> Mike N	<b>830-930a</b> <b>930-1030a</b> <b>1030-1130a</b> Jacob Flippo <b>1130a-1230p</b> Valerie Barnes
<b>Intermediate &amp; Adv Gymnastics</b> (age 6-49 years) Co-Ed / 2 hrs	<b>6-8p A &amp; B</b> Damany Richards Dana Bates	<b>3-5p</b> Jahwaun H <b>4-6p</b> Brian L <b>6-8p</b> Dana B	<b>4-6p, 6-8p</b> Brian Lane <b>6-8p</b> Dana	<b>3-5p</b> Brian L <b>5-7p</b> Dane Bates <b>6-8p TUMB</b> Brian	<b>5-7p</b> Janwaun H	<b>930-1130a</b> Janwaun H <b>1130a-130p</b> Brian Lane	<b>1030-1230a</b> Dana Bates
<b>Beginning Trampoline</b>				<b>4-5p</b> Sarah Harris	<b>4-5p FLIPS</b> Janwaun H		
<b>Intermediate &amp; Adv Trampoline</b>							
<b>Adult Gymnastics &amp; Fitness</b>		<b>730-930p</b> (Kalihi) Dr Mah		<b>730-930p</b> (Kalihi) Dr Mah			
<b>Beg Apparatus</b> All Ages & Abilities		<b>6-7p</b> Brian Lane					
<b>Beg Tumbling</b> All Ages & Abilities	<b>4-5p</b> Dana Bates	<b>7-8p</b> Brian L	<b>7-8p</b> Tori Deems	<b>7-8p</b> Alexis Proffit		<b>1130a-1230p</b> Tori Deems	
<b>FUN NIGHT</b> \$5/hr Members; \$7/hr Non-Mem					<b>8-10p</b> Kalihi	<b>5-8p</b> Pearl Harbor	
<b>*NEW* NINJA Classes</b> Ages 3-100+ Co-Ed 1-2 Hour Add One Of These Classes	<b>3-4p</b> PS Tori Deems <b>3-4p</b> BEG Jacob F <b>4-5p</b> PS Jacob F <b>7-8p</b> BEG Tori Deems	<b>1030-1130a</b> PS Tori <b>4-5p</b> BEG Mike N <b>5-6p</b> PS Mike N <b>5-6p</b> BEG Sara P <b>5-6p</b> BEG Alexis P <b>6-7p, 7-8p</b> BEG Mike N <b>6-8p</b> INT Rick G	<b>1130a-1230p</b> BEG <b>1230-130p</b> BEG Cathy Donnelly <b>3-4p</b> BEG Brian L <b>6-7p</b> BEG Beco V	<b>2-3p</b> BEG Mike N <b>3-4p</b> BEG Sarah H <b>4-5p</b> BEG Mike N <b>5-6p</b> BEG Sarah H <b>6-7p</b> BEG Sarah H <b>7-8pA</b> BEG Sarah H	<b>1230-130p</b> BEG Cathy <b>2-3p</b> BEG Brian L <b>2-3p</b> PS Mike N <b>4-5,5-6,6-7p</b> BEG Sabrina <b>6-7p</b> PS Brian <b>7-8p</b> BEG Brian <b>7-8p</b> PS Ray F	<b>830-930a</b> PS David R <b>830-930a</b> BEG JH <b>930-1030a</b> BEG David <b>1030-1130a</b> BEG David <b>1130-1230</b> BEG JH <b>1230-130p</b> PS Sarah	<b>830-930a, 930-1030a</b> Gage S <b>830-1030p</b> INT Dana B <b>1030-1130a</b> BEG Gage S <b>1130a-1230p</b> BEG Jacob F <b>1130a-1230p</b> PS Natalie L <b>1130a-130p</b> INT Gage S <b>1230-130p</b> BEG Jacob F <b>1230-130p</b> PS Natalie L
<b>TRAMP &amp; FITNESS TEAM TRAINING</b>	<b>5-8p</b> Kalihi	<b>5-8p</b> Kalihi	<b>5-8p</b> Kalihi	<b>6-9p</b> Kalihi	<b>5-8p</b> Pearl Harbor <b>5-8p</b> Kalihi	<b>5-8p</b> Kalihi	<b>3-6p</b> Kalihi
<b>1 Hour Classes</b>	<b>\$48.00</b>	<b>\$86.40</b>	<b>\$122.40</b>	<b>\$153.60</b>	<b>\$180.00</b>	<b>\$201.60</b>	<b>\$218.40</b>
<b>2 Hour Classes</b>	<b>\$72.00</b>	<b>\$129.60</b>	<b>\$183.60</b>	<b>\$230.40</b>	<b>\$270.00</b>	<b>\$302.40</b>	<b>\$327.60</b>

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)