

HAWAII ACADEMY

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Honolulu Gym (HG) CLASS SCHEDULE

2017 November

Web page: www.HawaiiAcademy.com

| CLASS | MON | TUE | WED | THU | FRI | SAT | SUN |
|---|--|---|---|--|--|--|--|
| Adult & Child (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 |
| Pre School (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 Sarah P 930-1030a Alexis P 1030-1130a Sarah P 1130-1230p Alexis P 2-3p Paul P |
| Beginning Trampoline Classes (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 Ally V 930-1030a Sarah P 1030-1130a Alexis P 1-2p Paul P 2-3p Ally V |
| Intermediate & Adv Trampoline Co-Ed / 2 hrs | | | | 4-6p Ally V | | | 3-4p Tramp Flips Kelsen 6-7p Tramp Flips Zach M |
| TrampNinja TEAM Co-Ed / 3 hrs | 530-830p Kira V & Ally V | | 530-830p Kira V | 6-9p Ally V | 5-8p Kelsen O | 5-8p Kira Vercruyssen | 4-7p Kelsen O |
| Beginning Tumbling 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 TBD | 930-1030a Ally V 1030-1130p Ally V 1130a-1230p Khyra D 1130a-1230p Ally V 1-2p, 2-3p Ven S |
| Intermediate & Adv Tumbling Co-Ed / 2 hrs | | | | 4-6p Ven Seward | 4-6p Chris Jackson | 830-1030a, 1030a-1230p ShD 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 |
| 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 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 |
| Intermediate & Advanced Mixed Gym Co-Ed / 2 hrs | 4-6p Paul P 6-8p Paul P | | 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 TBD 1030a-1230p Ven Seward 1030a-1230p ADV TBD 1-3p Aurora Yokota 3-5p Shane Doi | 8:30-10:30a Ven S 1030a-1230p Shane D 1-3p Kelsen O 3-5p Zach M |
| Adult Fit Gym Co-Ed / 19-49 yrs | | 730-930p Close end of Nov | | 730-930p Close end of Nov | | | |
| Senior Flex Fit Co-Ed / 50-97 yrs (1.5 hrs) | 11:45a-1:15p Close end of Nov | | | | | | |
| NEW NINJA Classes Ages 3-100+ Co-Ed / 1-2 hrs | 2-3p BEG Mike N 3-4p BEG Ally V 6-7p BEG Mike N 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 Aurora 5-6p BEG Aurora Y 7-8p BEG Ally V | 4-5p PS Sara Peck 5-6p BEG Sara Peck 7-8p BEG Paul Pitman | 7-8p BEG Paul Pitman | 3-4p PS Brandon L 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 Sarah P 1-2p PS Ally Vercruyssen 5-6p BEG Zach M |
| Special Needs (45-50 min w/ Aid) | | | | | 300-345p Chris Jackson | | |

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|-------------------------|--|---------------|---------------|---------------|---------------|---------------|---------------|
| Monthly Tuition: | FREE TRIAL CLASS! (Military Personnel pay 20% less than prices shown below for tuition but full price on everything else) | | | | | | |
| | 1 Class Per Week | 1 student/2X | 1 student/3X | 1 student/4X | 1 student/5X | 1 student/6X | 1 student/7X |
| 4 Weeks / Month | | 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. 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)