

HAWAII ACADEMY

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Honolulu Gym (HG) CLASS SCHEDULE

2022 JULY

CLASSES IN RED HAVE LOW ENROLLMENTS (n=3 or less)

Site Manager: Justine Perkins

Web page: www.HawaiiAcademy.com

CLASS	MON	TUE	WED	THU	FRI	SAT	SUN
Manager	Heather Jones (AM) Mei Ryan (PM)	Elaine Santo	Mei Ryan	Trisha Hollingshead Justine Perkins	Aidan Moseley Mei Ryan	Justine Perkins	Paris MacabeoSpahn (AM) Elaine Santo (PM)
Adult & Child (age 1 - 3 years) Co-Ed / 1 hr	3-4p Ally V 4-5p Ally V	3-4p Kelly W 5-6p Cassidy C	4-5p Trishia H 5-6p Trishia H	3-4p Daisy H 4-5p Cassidy C 5-6p Cassidy C	4-5p Daniela G 6-7p Daniela G	830-930 930-1030a 1030-1130a Trishia H 1-2 3-4p Chloe Ishigo	930- 1030 1030-1130a Aiko Yoshikawa-Humphreys 1-2p Aiko Yoshikawa-Humphreys
Pre School (age 3-5 years) Co-Ed / 1 hr	3-4p Ally V 4-5p Ally V 5-6p Aidan M	3-4p Kelly W 4-5p Cassidy C 5-6p Cassidy C	3-4p Trishia H NEW 4-5p Trishia H 5-6p Trishia H 6-7p Trishia H	3-4p Daisy H 4-5p Cassidy C 5-6p Cassidy C	3-4p Aidan M 4-5p Daniela G 5-6p Daniela G 6-7p Aidan M	830-930 930-1030a Akila Casey 1030-1130a Trishia H 1-2 2-3 3-4p Chloe Ishigo	830-930 930-1030a 1030-1130 1130a-1230p Cassidy Chang 1-2 2-3 3-4 4-5p Aiko Yoshikawa-Humphreys
Beginning Trampoline (age 6+ years) Co-Ed / 1 hr		6-7p Cassidy Chang	5-6p 6-7 7-8p Chloe Ishigo	5-6p NEW! Sydney Senter Nani Nagata (fall)		1030-1130a Sydney Senter 1-2 2-3 3-4p Keri Fernandez	830-930a Aiko Y-H 830-930a BEG2 Ally V 1130a-1230p Ally Vercruyssen
Intermediate Trampoline Co-Ed / 2 hrs	6-8p Ally Vercruyssen			6-8p Nani Nagata Sydney Senter (summer)		1130a-130p Sydney Senter 3-5p Sean I	1230-230p (by invitation only) Accelerated Learning (Requirements) Dr Max + Ally Vercruyssen
Advanced Trampoline Gym (Invitation Only)							Above Class Opens July 17th
Beginning Tumbling for Cheer, Drill, Dance Co-Ed / 1 hr			4-5p Sean I 5-6p Sean I			1030-1130a Akila C 1130a-1230p Trishia H	930-1030a 1030-1130a Ally Vercruyssen 1-2 2-3p Trishia Hollingshead
Intermediate Tumbling Co-Ed / 2 hrs				6-8p Hunter Minahan		1-3p Hunter Minahan	
Apparatus Gym Classes Co-Ed / 1-2 hrs							1030-1130a Sensei Makoto Sakamoto
Beginning Mixed Gym Classes Co-Ed / 1 hr	3-4 4-5p 5-6 6-7p 7-8p Aidan Moseley BEG2 3-4p Hunter M 5-6p Ally V	3-4p Hunter M 4-5p Cassidy C 4-5p Daisy H 5-6p Daisy H 6-7p Keri F 7-8p Jana S BEG2 6-7p Daisy H	3-4p Trishia H 4-5p Kizu P 5-6p Kizu P 6-7p Trishia H 7-8p Kizu P BEG2 6-7p Kizu P	3-4p Cassidy C 4-5 5-6p Trishia H 6-7p Daisy H 7-8p Trishia H BEG2 3-4p Hunter M 4-5 5-6p Daisy H 6-7p Trishia H	3-4p Aidan M 4-5p Aidan M 5-6p Daniela G 6-7p Aidan M 7-8p Daisy H BEG2 5-6p Aidan M	830-930 930-1030a 1030-1130 1130a-1230p Mako Sensei + Aiko Y-H 1-2 3-4p Daisy H 2-3p Chloe I 4-5p Chloe I 2-3p BEG2 Daisy H 4-5p BEG2 Keri F	830-930, 930-1030, 1130a-1230p Sensei Makoto Sakamoto 830-930, 930-1030, 1030-1130a Daniela Guardiola 1130a-1230p Aiko Y-H 2-3 3-4 4-5p Aiko Y-H
Intermediate & Advanced Mixed Gym Co-Ed / 2 hrs	4-6p 6-8p Hunter Minahan	4-6p 6-8p Hunter Minahan	4-6p 6-8p Hunter Minahan	4-6p Hunter Minahan	6-8p INT/ADV Scott Ryan	830-1030a Hunter M 1030a-1230p Hunter M 3-5p Hunter M	8:30-10:30a Sean I 1030a-1230p Sean I 3-5p Trishia Hollingshead
Adult Fit Gym Co-Ed / 19-49 yrs		7-9p Keri Fernandez		7-9p Dr Mah & Keri F			
Senior Flex Fit Co-Ed / 50-100+ yrs (1.5 hrs)	9-1030a Max Vercruyssen PhD			830-930p Sr Bungee MV JD			
NINJA Classes Ages 5-55 Co-Ed / 1-2 hrs		3-4p BEG Cassidy Chang	7-8p BEG Trishia Hollingshead		4-5 5-6p BEG Issac 6-7p BEG Daisy H 3-4 7-8p BEG Daniela 6-8p INT Issac H	1130a-1230p BEG Akila 4-5p BEG Daniela H 1-3p INT Sean I 3-5p INT Sean I (coming)	1130a-1230p BEG Daniela Guardiola
Special Needs (45-50 min w/ Aid)			3-345p Currently Waitlisting				

Monthly Session Tuition: **FREE TRIAL CLASS!** (Military Personnel pay 20% less than prices shown below for tuition but full price on everything else)

4 Weeks / Month	1 Class Per Week	Each Additional Class/Wk	1 student/2X	1 student/3X	1 student/4X	1 student/5X	1 student/6X
		Add Monthly	2 students/1X	3 students/1X	4 students/1X	5 students/1X	6 students/1X
1 Hour Class	\$80	\$60	\$140	\$200	\$260	\$320	\$380
2 Hour Class	\$120	\$90	\$210	\$300	\$390	\$480	\$570

Join Anytime! Essentially NO Make Ups!
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 January 1st 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 (as allowed by COVID restrictions)