



READY, SET, GO INC.

126 Merrimack Street, Methuen
(978) 685-7704 www.rsgfitness.com

FALL I 2010 (9/7-10/30) 8 weeks

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30	Gymnastics 3-5 yrs Combo 3-5 yrs Adult Cardio Kick with Bags	Combo 3-5 yrs Little Dragons 3-4 yrs	Tumble Tykes 1-3 yrs Sports/Tumble 3-5 yrs Sports Clinic 3-5 yrs	Adult Power Kickboxing Sports Clinic 3-5 yrs	Tumble Tykes 1-3 yrs Sports/Tumble 3-5 yrs Little Dragons 3-4 yrs	*9:00 Tumble Tykes 1-3yrs Purple- Black (Open) *10:00
10:30	Tumble Tykes 2-3 yrs Little Dragons 3-4 yrs	Tumble Tykes 2-3 yrs Sports Clinic 3-5 yrs	Tumble Tykes 1-2 yrs Gymnastics 3-5 yrs	Gymnastics 3-5 yrs Little Dragons 3-4 yrs	Tumble Tykes 1-3 yrs Sports 3-5 yrs	Gymnastics 3-5 yrs White- Blue (Open)
11:30	Tumble Tykes 1-2 yrs	Gymnastics 3-5 yrs	Combo 3-5 yrs	Tumble Tykes 1-2 yrs	Combo 3-5 yrs	
1:15	Pre-Team Beginner 4-6 yrs	Pre T Beginner 4-6 yrs Adult Power	Cheer Gym 4-6 yrs	Gymnastics 3-5 yrs	Pre-Team Beginner 4-6 yrs	
3:00	Tumble Tykes 1-3 yrs Sports Clinic 4-6 yrs	Gymnastics 3-5 yrs	Tumble Tykes 1-2 yrs Little Dragons 3-4 yrs	Combo 4-6 yrs		
4:00	Pre-Team Beginner 4-6 yrs Brown Belts (Crane/Tiger)	Gymnastics 6-9 yrs Blue-Green (Crane/Tiger)	Adult Gym & Plyos Combo 6-9 yrs Brown Belts (Crane/Tiger)	Cheer Gym 4-6 yrs Blue-Brown (Crane/Tiger)		*Karate* Crane: 5-7 yrs Tiger: 8-11 yrs Dragon: 12 -16 yrs
5:00	*4:50 - Pre-Team Advanced Black Belt	Cheer Gym 6-9 yrs White-Orange (Crane)	Sports/Gym Conditioning 6-10 yrs Black Belt	*4:50 - Pre-Team Advanced White-Orange (Crane)	*Karate Introductory Lessons are scheduled by appointment. Please see front desk or call for more details.	
6:00		White-Orange (Tiger/Dragon)		White-Orange (Tiger/Dragon)	* Please Note Karate Schedule can change without notice according to student attendance.	