



NORTHFIELD GYMNASTICS CLUB

Fall 1 2026--September 8-November 15th Training Gym Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
# of Classes in this Session	9	10	10	9	9	9
Girls Rec Gymnastics						
Beginner 1 (60 min) (6+ years)	7:00	3:45	4:00	6:00		10:20
Beginner 2 (60 min) (6+ years)		6:00		5:10	4:30	9:50
Advanced Beginner 1 (75 min)		4:00	5:10		5:45	
Advanced Beginner 2 (75 min)		5:30			5:45	
Intermediate 1 (90 min)		5:00				11:30
Intermediate 2			6:30			
Girls Pre-Competitive Gymnastics*						
NGA Girls Pre-Team Ages 5-10 years Year Round Class both days 90 min each			4:00		4:00	
Mini Shots 60 minutes, ages 4-6 years old						10:00
Boys Rec Gymnastics						
Boys Beginner 1				5:00		
Boys Beginner 2			4:00			
Boys Intermediate						11:30
Ninja						
Lil' Samurai (45 min) (ages 4-5)		5:00	4:30	4:15		9:30
Samurai's (60 min) (6+)			5:10			
Nunchucks+ (60 min) (6+)			6:15			
Throwing Stars/Katanas	Not offered this session please contact info@northfieldgymnastics.com for an alternative.					
HS Off-Season						
High School Off-Season	6:30-9:00	6:30-9:00	6:30-9:00			
Adaptive Gymnastics						
Adaptive 6+	Sundays at 11:30 am					
Open Gym @ Training Gym						
*See Tumble Bugs Schedule for Open Play Times available there						
PreK Open Gym		11:00-12:00		11:00-12:00		
Homeschool Open Gym			10:00-11:30			
All Ages Open Gym						1:00-2:30**
Adult Open Gym (16+)			8:00-9:00			

**Be sure to check our online calendar to ensure open gym is happening, particularly on Saturdays.

No Class Dates (these are not included in your tuition)

Sept. 7th / Oct 15-18

Register at www.NorthfieldGymnastics.com