



Kids/Teens Offerings

May 2017 *Drop Ins Welcome!*

Ages 18 mo. - 4 yrs: (One adult per child required)

Monday: 9:30am Mini Monkey
 Saturday: 8:40am Mini Monkey
 Sunday: 8:40am Mini Monkey

Ages 5-8:

Monday: 3:30pm Parkour & Acrobatics
 Tuesday: 12pm Aerial (ages 4-9)
 3:30pm Parkour & Acrobatics
 Wednesday: 2:35pm Aerial (ages 7-12)
 3:20pm Aerial & Acrobatics (*Flexibility)
 4:25pm Aerial & Acrobatics (*Qigong)
 Thursday: 3:40pm Parkour & Acrobatics
 Friday: 4:40pm Parkour & Acrobatics
 Saturday: 11am Parkour & Acrobatics (*Handstands)
 3:55pm Parkour & Acrobatics
 Sunday: 2pm Parkour & Acrobatics (*Handstands)

Ages 9-12:

Monday: 3:30pm Parkour & Acrobatics
 4:40pm Parkour & Acrobatics (*Qigong)
 Tuesday: 4:20pm Aerial (*Handstands)
 4:40pm Parkour & Acrobatics (*Handstands)
 Wednesday: 2:35pm Aerial (ages 7-12)
 3:45pm Aerial (ages 9-17) (*Flexibility)
 Thursday: 3:45pm Parkour & Acrobatics
 4:45pm Acrobatics
 Friday: 5:50pm Parkour & Acrobatics (*AcroYoga L1)
 Saturday: 12:10pm Parkour & Acrobatics (*Flexibility)
 1:40pm Parkour & Acrobatics (*Trapeze) ← 5/6 canceled
 Sunday: 3:15pm Parkour & Acrobatics (*Acrobatics L1)
 4:30pm Aerial (ages 9-17)

Ages 13-17:

Monday: 4:35pm Parkour & Acrobatics (*Qigong)
 Tuesday: 5:30pm Aerial
 Wednesday: 3:45pm Aerial (ages 9-17) (*Flexibility)
 4:55pm Acrobatics (*Qigong)
 Thursday: 4:50pm Parkour & Acrobatics
 5:55pm Acrobatics (*Air Ballet)
 Friday: 7:10pm Parkour & Acrobatics (*AcroYoga)
 Saturday: 2:45pm Parkour & Acrobatics
 Sunday: 4:30pm Aerial (ages 9-17)

Memorial Day (May 29th)

Parkour with the Fam.

Ages 9-12: 11:45am-1:15pm
Ages 13+: 1:30-3pm

When is the last time you had a great play date with your kids? Well this is your chance!

Summer Camps

Single Day Drop-Ins Welcome

Early Bird Discounts available until May 15th!

AGES 3-6:

Mini Monkey Ninja
 July 3-7**, 9am-12pm
 July 10-14, 9am-12pm
 July 31-Aug 4, 9am-12pm
 Aug 14-18, 9am-12pm

AGES 5-8:

Monkey Ninja
 June 12-16, 9am-12pm
 July 3-7**, 12:30-3:30pm

Aerial & Acrobatics

June 19-23, 12:30-3:30pm
 June 26-30, 9am-12pm & 12:30-3:30pm

AGES 7-12:

Monkey Ninja

June 19-23, 9am-12pm
 July 10-14, 12:30-3:30pm **NEW!**
 July 17-21, 9am-12pm & 12:30-3:30pm
 July 24-28, 9am-12pm & 12:30-3:30pm
 Aug 7-11, 9am-12pm & 12:30-3:30pm
 Aug 28-Sept 1, 9am-12pm

AGES 8-14:

Aerial

June 19-23, 12:30-3:30pm
 June 26-30, 12:30-3:30pm

AGES 13-19:

Parkour & Acrobatics

June 19-23, 9am-12pm
 June 26-30, 9am-12pm
 July 31-Aug 4, 12:30-3:30pm
 Aug 14-18, 12:30-3:30pm
 Aug 21-25, 9am-12pm & 12:30-3:30pm
 August 28-Sept 1, 12:30-3:30pm

ADULTS:

Monkey Ninja

Aug 7-11, 12:30-3:30pm



Interested in Birthday Parties?
frontdesk@tapgym.com

Check our website for more details, monthly schedule changes and daily updates!

**July 4th: No Summer Camps

*Parents can attend this adult class at the same time! (See adults schedule for details)

All classes are 1 hour. No students admitted to class more than 10 minutes late. Please come early to sign in! Reserved spaces may be given away to the waitlist if unclaimed by 5 minutes before the start time of class.



Adults Offerings *Drop Ins Welcome!*

May 2017

CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aerial Skills L2* 9:20am	Monkey Conditioning 8:30am	Lyra 12:15pm	Monkey Conditioning 8:30am	Lyra 9:30am New: All levels	Aerial Skills 8:45am	Parkour 10:00am
Aerial Cond. 10:30am	Aerial L2* 9:40am	Flexibility 3:30pm	Handstands 11:20am	Iron Monkey 9:35am	Monkey Conditioning 9:50am	Monkey Conditioning 10:00am
Flexibility 11:45am	Aerial Skills 10:45am	Qigong 4:40pm	Flexibility 12:30pm	Movement Prep. 10:45am	Aerial Conditioning 10:00am	Aerial Conditioning 11:15am
Handstand L2* 12:55pm	Handstands 4:30pm	Aerial Conditioning 5:35pm	Parkour 1:40pm	Aerial Conditioning 10:45am	Handstands L2* 10:00am	Acrobatics L2* 11:15am
Acrobatics 1:15pm	Handstands L2* 5:40pm	AcroYoga L1 6:00pm	Aerial Skills L1 2:30pm	Flexibility 12:00pm	Handstands L1 11:15am	Bellydance 11:15am
Qigong 4:40pm	Movement Games 5:45pm	Acrobatics 6:05pm	Air Ballet 6:00pm	Handstands 12:00pm	Partner Acro 12:20pm	Partner Acro L1 12:30pm
Handstands L1 5:45pm	Monkey Conditioning 6:45pm	Aerial Skills L2* 6:45pm <i>5/31 Open Play Instead</i>	Flexibility 7:05pm	Partner Acro 1:10pm	Flexibility 12:30pm	Flexibility 12:30pm
Monkey Cond. 5:45pm	Tango Skills 6:50pm	Movement Prep. 7:10pm	AcroYoga L2+* 7:05pm	Aerial Skills L3* 3:35pm	Trapeze* 1:40pm	Aerial Skills L1 1:45pm
AcroYoga L1 5:50pm	Partner Acro L2* 7:00pm	AcroYoga 7:15pm	Monkey Conditioning 7:05pm	Aerial Skills L1 4:45pm		Handstands 2:00pm
AcroYoga 6:55pm	Flexibility 8:00pm	Aerial Skills L1 7:55pm <i>5/31 Open Play Instead</i>	Aerial Skills L1 8:10pm	Aerial Skills L2* 6:00pm		Acrobatics L1 3:00pm
Acrobatics 7:00pm	Tango Practice 8:00pm	Handstands 8:20pm	Handstands L1 8:10pm	AcroYoga L1 6:00pm		
Flexibility 7:05pm	Partner Acro L3* 8:15pm	Parkour 8:30pm	Parkour 9:15pm	AcroYoga 7:10pm Time Change		
Thai Massage 8:10pm	Parkour L2* 9:15pm <i>5/30 Open Play Instead</i>	Aerial L3* 9:00pm <i>5/31 Open Play Instead</i>		Parkour L1 8:20pm		
Push Hands 8:15pm						
Aerial Cond. 8:15pm						

All Classes are 1 hour. Level 1 is the most beginner level. If there is no level assigned, the class is open to all levels. Please come early to sign in before class! No students admitted to class more than 10 minutes late. Reserved spaces may be given away to the waitlist if unclaimed by 5 minutes before the start time of class.

*Before attending class, please check prerequisites online or at the front desk, and check with the teacher about your skill level.

OPEN PLAY

10:40am-3:30pm 5/29 no 1:15-2:25pm	9am-4:20pm	9am-3:20pm	9am-2:30pm	10:30am-4:40pm	11:15am-12:15pm <i>ASL Jam only</i>	9am-10am
9:20-11pm	9:25-11pm	9-11pm 5/31 SPECIAL OPEN PLAY 6:35-11pm WOW!	2:50-3:45pm	8:10-11pm 5/12 TOE JAM till midnight WOW!	2:50-5:45pm 5/6 Starts at 1:30pm	4:10-5:45pm 5/28 SPECIAL OPEN PLAY Ends at 9pm WOW!
			8:10-9:10pm <i>Acro Jam only</i>			
			9:10-11pm			

WORKSHOPS

Back Bending
w/ Jim Donak
May 7
5:45-7:15pm

Fighting Monkey
w/ Rootless Root
May 13, 11am-6pm
May 14, 9am-4pm
(in Berkeley)

Posture, Pain & Performance
w/ Johnny Pirruccello
June 3-4, 3:30-6:30pm

Dynamic Rope
w/ Emiliano Ron
June 10-11
5:15-9:30pm

Rope & Silk Intensive
w/ Paper Doll Militia
June 12-16, 9-11:30am

Aerial Weekend
w/ Emily Zuckerman
June 24, Dynamic Rope+Tissu
June 25, Improvisation
5:30-7:30pm

How to Train Your Handstands
w/ Leah Samelson
July 1-2, 4-5:30pm

AcroDance
w/ Emily Zuckerman
July 8, All levels
July 9, Level 2
5:30-7:30pm

Moving with Wisdom
w/ Ohad Interater
July 17-21, 9am-3pm

Adult Monkey Ninja Summer Camp
w/ Marria Grace
Aug 7-11, 12:30-3:30pm

Aerial Intensive
w/ Kate Hutchinson
Aug 14-18
9am-3pm

Primal Practice
w/ Aaron Cantor
Oct 7-8, 5-8pm
Oct 9, 12-3pm

Air Ballet Repertory
w/ Kate Hutchinson
Oct 9-13
8:30-11:30am

Evolve Move Play
w/ Rafe Kelley
Nov 4-5
9am-5am
(in SF)

MOTHER'S DAY MONTH

PERFORMANCES

Monkey Conditioning for MOMS! Moms train for FREE!
All Tuesdays in May, 11am-12pm.

May 20-21 "FIGMENT" 7:30pm doors open, 8pm Show

MAY IS COMMUNITY OPEN PLAY
(\$7-15 sliding scale)

May 12 TOE JAM 8:30pm-midnight

May 28 WEEKEND JAM 6-9pm

May 31 WEDNESDAY EVENING JAM 6:35-11pm