



Kids/Teens Offerings

December 2017 *Drop Ins Welcome!*

Ages 2-4: (One adult per child required)

Saturday: 8:40am Mini Monkey ← 12/30 Canceled
 Sunday: 8:40am Mini Monkey ← 12/31 Canceled

Ages 5-8:

Monday: 3:30pm Parkour & Acrobatics ← 12/25 Canceled
 Tuesday: 12pm Aerial (ages 4-9)
 3:30pm Parkour & Acrobatics
 Wednesday: 2:35pm Aerial (ages 7-12)
 3:20pm Aerial & Acrobatics ← 12/13 Canceled
 4:25pm Aerial & Acrobatics ← 12/13 Canceled
 Thursday: 3:40pm Parkour & Acrobatics
 Friday: 4:40pm Parkour & Acrobatics
 Saturday: 11am Parkour & Acrobatics (*Handstands)
 Sunday: 12:25pm Parkour & Acrobatics (*Flexibility) **NEW!!!** ← 12/24 Canceled
 2pm Parkour & Acrobatics (*Handstands) ← 12/24 & 12/31 Canceled

Ages 9-12:

Monday: 3:30pm Parkour & Acrobatics ← 12/25 & 1/1 Canceled
 4:40pm Parkour & Acrobatics ← 12/25 & 1/1 Canceled
 Tuesday: 4:20pm Aerial (*Handstands)
 4:40pm Parkour & Acrobatics (*Handstands)
 Wednesday: 2:35pm Aerial (ages 7-12)
 3:45pm Aerial (ages 9-17)
 Thursday: 3:45pm Parkour & Acrobatics
 4:45pm Parkour Level 2** ← 12/28 Canceled
 Friday: 5:50pm Parkour & Acrobatics (*AcroYoga L1)
 Saturday: 12:10pm Parkour & Acrobatics
 Sunday: 3:15pm Parkour & Acrobatics (*Acrobatics L1) ← 12/24 & 12/31 Canceled
 4:30pm Aerial (ages 9-17) (*Dance It Out) ← 12/24 & 12/31 Canceled

Ages 13-17:

Monday: 4:35pm Parkour & Acrobatics ← 12/25 & 1/1 Canceled
 Tuesday: 5:30pm Aerial
 Wednesday: 3:45pm Aerial (ages 9-17)
 Thursday: 4:50pm Parkour & Acrobatics
 5:55pm Acrobatics (*Monkey Cond.)
 Friday: 7:10pm Parkour & Acrobatics (*AcroYoga)
 Saturday: 2:45pm Parkour & Acrobatics
 Sunday: 4:30pm Aerial (ages 9-17) (*Dance It Out) ← 12/24 & 12/31 Canceled

Winter Monkey Ninja Camp

AGES 5-8:
December 18-22



AGES 7-12:
December 26-29

Single Drop-ins welcome!

Morning: 9am-12pm
 Afternoon: 12:30-3:30pm
 Full Day: 9am-3:30pm

Advanced Monkey University (Ages 9+)

Winter 2018

January 13- April 28
 Saturdays 3-6pm

New program for its most committed youth students in order to give them the practice and training they need to be versatile, strong, and coordinated movers throughout their lives.

Limited Spots - Apply Now!

More info online under kids/teens workshops & camps

SUMMER CAMPS 2018

AGES 3-5: JUN 4 - 15
 AGES 5-8: JUN 4 - JUL 13
 AGES 7-12: JUL 16 - AUG 17
 AGES 13-19: AUG 13 - 17

MORE INFO ONLINE.
 SINGLE DAY / HALF DAY DROP INS WELCOME
 EARLY BIRD RATES AVAILABLE NOW!

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

* Parents can attend this adult class at the same time! (See adults schedule for details)
 ** Prerequisites: Familiarity with basic vaults and rolls



Interested in Birthday Parties?
frontdesk@tapgym.com

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!

December 2017

CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aerial Skills L2* 9:20am	Monkey Conditioning 8:30am	Lyra 12:15pm	Monkey Cond. 8:30am	Lyra 9:30am	Movement Prep. 8:50am	Parkour 10:00am
Aerial Conditioning 10:30am	Aerial L2* 9:40am	Stable Body 1:25pm 12/27 canceled	Gentle Mobility 10:15am	Iron Monkey 9:35am	Aerial Skills 8:45am	Monkey Cond. 10:00am
Flexibility 11:45am	Aerial Skills 10:45am	Movement Prep. 4:55pm NEW!	Handstands 11:20am	Aerial Conditioning 10:45am	Monkey Conditioning 9:50am	Aerial Cond. 11:15am
Handstands L1 5:45pm	Handstands 4:30pm	Aerial Cond. 5:35pm	Flexibility 12:30pm	Flexibility 12:00pm 12/22 canceled	Aerial Conditioning 10:00am	Acrobatics L2* 11:15am
Lyra 5:45pm	Handstands L2* 5:40pm	AcroYoga L1 6:00pm	Rope and Straps 1:20pm	Partner Acro 1:10pm	Handstands L2* 10:00am 12/16 canceled	Bellydance 11:15am
AcroYoga L1 5:50pm	Movement Games 5:45pm	Acrobatics 6:05pm	Parkour 1:40pm 12/20 & 12/28 canceled	Aerial Skills L3* 3:35pm 12/22 canceled	Handstands L1 11:15am 12/16 canceled	Flexibility 12:30pm
AcroYoga 6:55pm	Monkey Cond. 6:45pm	Aerial Skills L2* 6:45pm	Aerial Skills L1 2:30pm	Aerial Skills L1 4:45pm	Aerial Skills L1 11:15am 12/16 canceled	Aerial Skills L1 1:45pm 12/31 Open Play Instead
Acrobatics 7:00pm	Tango Skills 6:50pm	Meditation 7:05pm 12/6 & 12/20 canceled	Monkey Cond. 6:00pm	Bellydance 4:50pm	ASL Jam 11:15am	Handstands 2:00pm
Flexibility 7:05pm	Partner Acro L2* 7:00pm	AcroYoga 7:15pm	Flexibility 7:05pm	Aerial Skills L2* 6:00pm	Trapeze* 1:40pm	Acrobatics L1 2:55pm 12/31 Open Play Instead
Thai Massage 8:10pm	Tango Practice 8:00pm	Aerial Skills L1 7:55pm	AcroYoga L1 7:05pm	AcroYoga L1 6:00pm	Acrobatics 3:55pm	Handstand Play 3:10pm 12/17 canceled
Iron Monkey 8:15pm	Partner Acro L3* 8:05pm	Handstands 8:20pm	Air Ballet 7:05pm	AcroYoga 7:10pm		Dance It Out 4:20pm
Aerial Conditioning 8:15pm	Flexibility 8:05pm	Parkour 8:30pm	Aerial Skills L1 8:10pm	Parkour L1 8:20pm		Movement Prep. 4-6pm EXTRA LONG!
	Parkour L2* 9:15pm	Aerial Skills L3* 9:00pm	AcroYoga L2 8:10pm			

HOLIDAY SCHEDULE

DECEMBER 24:

8:40-10am Open Play
10am Parkour
10am Monkey Cond.
11am-12:15pm Open Play
11:15am Acrobatics L2*
11:15am Bellydance

DECEMBER 25:

We are CLOSED

JANUARY 1:

1:30-5:45pm Open Play
5:45pm Lyra
5:45pm Handstands L1
6:55pm AcroYoga
7pm Acrobatics
8-11pm Open Play
8:10pm Thai Massage

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
Ages 18+ only

9am-3:30pm 12/18 12:45-3:30pm 12/25 canceled	9am-4:20pm 12/19 1-4:20pm 12/26 1-4:20pm	9am-3:20pm 12/13 9am-5:35pm 12/20 9am-12pm 12/27 9am-12pm & 1:15-2:35pm	9am-1:40pm 12/21 & 12/28 canceled	10:30am-4:40pm 12/22 11:45am-1:20pm & 2:10-4:40pm 12/29 2:10-4:40pm	12:15-2:45pm 12/9 canceled 12/16 1:10-2:45pm	9am-10am 12/24 11am-12:15pm
9:15-11pm 12/25 canceled	9:05-11pm	9-11pm	2:40-3:45pm 12/21 canceled 12/28 3:30-5:55pm	8:10-11pm 12/8 TOE JAM 8:10pm to midnight	5-5:45pm 12/16 canceled	4-5:45pm 12/24 canceled 12/31 1:25-5:45pm
			9:10-11pm			

WORKSHOPS

Splits & Bridge

w/ Rob Pretorius
Dec 16-17, 2017
4-8pm

Zero to Fying

w/ Scott Wells
Dec 16-17, 2017
11am-1:30pm (Berkeley)
3-6pm (Athletic Playground)

Press Handstands

w/ Leah Samelson
Jan 6-7, 2018
12:15-1:45

Aerial Choreography

w/ Kate Hutchinson
Jan 6, 13, 20, 27, 2018
5-8pm

Intro to Handstands

w/ Shira Yaziv
Jan 7, 14, 21, 2018
8:00-9:15am

Acrobatic Flow

w/ Shira Yaziv
Jan 20-21, 2018
2-6pm (Berkeley)

Icarian Games

w/ Aviva Rose-Williams
Feb 10-11, 2018
5-7pm Intro
7-9 Advanced

Movement Archery

w/ Tom Weksler
Feb 16-19, 2018 (Berkeley)
F 6-9pm, Sa/Su 11am-4pm

Animal Instinct

w/ Matan Lekowich
Apr 7-8, 2018

EVENTS

Dec 8 TOE JAM Community Open Play 8:10pm-midnight
Dec 23 HOLIDAY POTLUCK Lets gather and hang out!! 6-8pm
Mar 2 FUN & GAMES w/ Laura Sposato 8:15-11pm

RETREATS

Movement Exploration
w/ Shira Yaziv
Apr 21-28, 2018
(Costa Rica)

Moving & Connecting
w/ Shira Yaziv & Ohad Interator
May 31-June 2, 2018
(Israel)