



# Kids/Teens Offerings

## January 2019 *Drop Ins Welcome!*

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

Saturday: 8:40am Mini Monkey  
 Sunday: 8:40am Mini Monkey

### Ages 5-8:

Monday: 3:30pm Parkour & Acrobatics  
 4:40pm Parkour & Acrobatics  
 Tuesday: 12pm Aerial (ages 4-9) (\*Acrobatics) – 1/1 canceled  
 3:30pm Parkour & Acrobatics – 1/1 canceled  
 Wednesday: 2:35pm Aerial (ages 7-12) – 1/2, 1/9 & 1/16 canceled  
 3:30pm Parkour & Acrobatics  
 4:35pm Aerial & Acrobatics  
 Thursday: 3:40pm Parkour & Acrobatics  
 Friday: 4:40pm Martial Arts Play  
 Saturday: 11am Parkour & Acrobatics (\*Handstands) – 1/12 canceled  
 1:50pm Martial Arts Play  
 3pm Aerial  
 4:10pm Aerial (ages 7-12)  
 Sunday: 11:15am Parkour & Acrobatics (\*Aerial Cond.) – NEW TIME!  
 2pm Parkour & Acrobatics (\*Handstands) – 1/13 canceled

### Ages 9-12:

Monday: 3:30pm Parkour & Acrobatics  
 Tuesday: 4:20pm Aerial (\*Handstands) – 1/1 canceled  
 4:40pm Parkour & Acrobatics (\*Handstands) – 1/1 canceled  
 Wednesday: 2:35pm Aerial (ages 7-12)  
 3:45pm Aerial (ages 9-17)  
 Thursday: 3:45pm Parkour & Acrobatics  
 4:45pm Parkour Level 2\*\*  
 Friday: 6pm Parkour & Acrobatics (\*Acro) – NEW TIME! 1/11 canceled  
 Saturday: 12:10pm Parkour & Acrobatics – 1/12 canceled  
 4:10pm Aerial (ages 7-12)  
 Sunday: 12:25 Parkour & Acrobatics (\*Flexibility) – NEW!  
 3:15pm Parkour & Acrobatics (\*Acrobatics) – 1/13 canceled  
 4:30pm Aerial (ages 9-17) (\*Contemporary Ballet) – 1/6 canceled

### Ages 13-17:

Monday: 4:35pm Parkour & Acrobatics  
 Tuesday: 5:30pm Aerial – 1/1 canceled  
 Wednesday: 3:45pm Aerial (ages 9-17)  
 Thursday: 4:50pm Parkour & Acrobatics  
 5:55pm Acrobatics (\*Partner Acro / Dance Jam)  
 Friday: 7:10pm Parkour & Acrobatics (\*Acro) – 1/11 canceled  
 Sunday: 4:30pm Aerial (ages 9-17) (\*Contemporary Ballet) – 1/6 canceled

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

\*\* Prerequisites: Familiarity with basic vaults and rolls

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.

## Monkey Ninja Winter Camp AGES 7-12: January 2-4

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



Single Day/Half Day Drop-ins welcome!

## Monkey Ninja Summer Camp

Monday to Friday Only

### AGES 3-5:

June 10-14 Mornings only

Aug 19-23 Mornings only

### AGES 5-8:

June 17-21 Mornings only

July 8-19

Aug 5-9 Mornings only

### AGES 7-12:

June 24- Jul 5

July 22 - Aug 2

Aug 12-16

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

Single Day/Half Day Drop-ins welcome!

## PARKOUR TEEN INTENSIVE (AGES 13-19)

June 17-21 12:30-3:30pm

Aug 5-9 12:30-3:30pm

Single Day Drop-ins welcome!



Interested in Birthday Parties?  
frontdesk@tapgym.com

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



# Adults Offerings

Drop Ins Welcome!

January 2019

**Monday Tuesday Wednesday Thursday Friday Saturday Sunday**

CLASSES

Aerial Skills L1 9:20am	Monkey Cond. 8:30am	Contact Improvisation 9:30am	Handstands 11:20am	Aerial Conditioning 10:45am	Aerial Skills 8:45am	Monkey Conditioning 10am 1/20 & 1/27 Open Play Instead
Aerial Conditioning 10:30am	Aerial L2* 9:40am	Aerial Skills 12:15pm	Active Flexibility 12:20pm	Flexibility 12pm	Monkey Conditioning 9:50am	Parkour 10am
Flexibility 11:45am	Aerial Skills 10:45am	Aerial Skills L3* 1:25pm	Rope and Straps 1:30pm <b>NEW TIME!</b>	Lyra L2 12pm	Aerial Conditioning 10am	Aerial Conditioning 11:15am
Handstands L1 5:45pm	Acrobatics 12pm 1/15 canceled	Handstands 4:45pm	Acrobatics 2:30pm	Handstands 1:10pm	Handstands L1 11:15am 1/19 Open Play Instead	Flexibility 12:30pm
Lyra 5:45pm	Rope & Straps 1:30pm <b>NEW TIME!</b>	Aerial Conditioning 5:45pm	Flexibility 3:45pm	Standing Partner Acro 2:20pm	Handstands 2:30pm	Aerial Skills L1 1:45pm 1/6 Open Play Instead
AcroYoga L1 5:45pm	Handstands 4:30pm	AcroYoga L1 6pm	Handstands 4:50pm	Aerial Skills L3* 3:35pm	Tango Skills 5:35pm	Handstands 2pm
AcroYoga 7pm	Handstands L2* 5:40pm	Acrobatics 6:05pm	Partner Acro L1 6pm	Aerial Skills L1 4:45pm		Handstand Play L2* 3:10pm <b>NEW!</b> 1/20 Canceled
Acrobatics 7pm	Contact Improv. 5:45pm	Aerial Skills L2* 6:55pm	Dance Jam 6pm	Air Ballet 6pm		Acrobatics L1 3:10pm
Flexibility 7:05pm	Monkey Cond. 6:45pm	Handstands 7:10pm	Flexibility 7:05pm	Friday Night Acro 6pm		Acrobatics L2* 4pm <b>NEW TIME!</b>
Thai Massage 8:15pm	Tango Skills 6:50pm	AcroYoga 7:15pm	AcroYoga L2* 7:05pm	Friday Night Acro & Thai Massage 7:10pm		Contemporary Ballet 4:15pm <b>NEW!</b> 1/20 Canceled
Aerial Conditioning 8:15pm	Partner Acro 7pm	Aerial Skills L1 8:05pm	Air Ballet 7:05pm	Pan African Dance 8pm <b>NEW!</b> 1/4 & 1/18 Canceled		
	Tango Practice 8pm	Parkour 8:30pm 1/23 & 1/30 Open Play Instead	Aerial Skills L1 8:10pm	Parkour L1 8:20pm		
	Partner Acro L2* 8:05pm		AcroYoga L2* 8:10pm			
	Parkour L2* 9:15pm		Lyra L1 9:15pm			
	<b>1/1 WE ARE CLOSED!</b>					

All Classes are 1 hour unless noted otherwise. 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 <b>1/14</b> 2-3:30pm	9am-12pm <b>1/1 &amp; 1/15</b> Canceled	9am-3:30pm 10:30-12pm Also Contact Improv. Jam <b>1/2</b> 9am-12:15pm <b>1/16</b> 9am-12:15pm & 2-3:30pm	9am-3:40pm <b>1/3</b> 9-11:20am <b>1/17</b> 9-11:20am & 2-3:40pm	9am-12pm <b>1/4 &amp; 1/18</b> 9-10:45am	12:20-5:45pm <b>1/12</b> 10:50-4:10pm <b>1/19</b> 11-5:45pm	9-10am <b>1/6</b> 9-10am, 1:30-2:50pm & 5-5:45pm <b>1/13</b> 9-10am & 1:30-4:30pm <b>1/20 &amp; 1/27</b> 9-11:15am
8-10:30pm	8-10:30pm <b>1/1</b> Canceled	4:45-6:05pm	9:10-10:30pm	1-4:40pm <b>1/4</b> 3:20-4:40pm <b>1/18</b> 12:10-4:40pm	8:10-10:30pm <b>1/11</b> 7-8pm <b>1/18</b> Canceled	
		9:05-10:30pm <b>1/23 &amp; 1/30</b> 8:15-10:30pm				

WORKSHOPS

**Self-Cupping for Athletes**  
w/ Dr. Jaimie Harrow  
Jan 6  
4:30-6:30pm

**Insolite Movement**  
w/ Manon Siv  
Jan 12-13  
12-3pm  
Finnish Hall, Berkeley

**Intro to Handstands**  
w/ Shira Yaziv  
Jan 12-13  
4-5:30pm

**Shared Levitation**  
w/ Marion & Alan  
Jan 26-27  
9-11am & 12-6pm  
Flowspace, Emeryville

**Rigging**  
w/ Brett Copes  
Jan 26-27  
Rigging 101: Sat 1-7pm  
Rigging 102: Sun 4-10pm

**Dynamic Partnering**  
w/ Megan Lowe & Shira Yaziv  
Feb 2-3  
10am-2pm  
Finnish Hall, Berkeley

**Hanging Stuff at AP**  
w/ Kate Hutchinson  
Feb 9-10  
5-8pm

**Zero to Flying**  
w/ Scott Wells  
Feb 23-24  
11am-1:30pm Finnish Hall  
3-6pm Athletic Playground

**Playful Wrestling**  
w/ Avi Dunn  
March 2  
12:30-2pm

**Weightlessness**  
w/ Almog Loven  
March 29-31  
Fri 6-10pm, Sat-Sun 10am-6pm  
Finnish Hall, Berkeley

**Fighting Monkey**  
w/ Jozef Fucek  
April 20-21  
Sat 1-7pm, Sun 10-5pm  
Flowspace, Emeryville

EVENTS

**COMMUNITY EVENT:**

**JAN 26 PLAYGROUND AFTER DARK**  
Performances, Classes, Open Play and More! 7-10pm

**DANCE EVENTS:**

**JAN 11 ALTERNATIVE TANGO**  
8:30pm Class, 9:30pm-12:30am Open Dancing  
**JAN 12 MICRO FUSION DANCING**  
8:30pm Class, 9:30pm-1:30am Open Dancing  
**JAN 18 FUSION UNDERGROUND**  
8:30pm Class, 9:30pm-1am Open Dancing

RETREAT

**Movement Exploration**  
w/ Shira Yaziv, Andrey Pfening, Rachel Baker & Sebastian Grubb  
May 11-18, 2019  
(Costa Rica)

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