



## 2024 Programs from 5 yrs old to adults

Gymnastics			
<b>Recreational: 5 -7 yrs - Boys and Girls</b>			
<b>Monday</b> 4.00 - 5.00pm 4.15 - 5.15pm	<b>Tuesday</b> 4.00 - 5.00pm 4.15 - 5.15pm	<b>Wednesday</b> 4.00 - 5.00pm 4.15 - 5.15pm	<b>Thursday</b> 4.00 - 5.00pm
<b>Friday</b> 4.00 - 5.00pm 4.15 - 5.15pm	<b>Saturday</b> 8:30 - 9:30 am 9.30 - 10.30am 10:30 - 11:30am	<b>Sunday</b> 9.30 - 10.30am	
<b>Intermediate Recreational: 7 yrs - 9yrs</b>			
<b>Monday</b> 5.00 - 6.30pm	<b>Tuesday</b> 5.00 - 6.30pm	<b>Wednesday</b> 5.00 - 6.30pm	<b>Thursday</b> 5.00 - 6.30pm
<b>Friday</b> 5.00 - 6.30pm	<b>Saturday</b> 8.30 - 10.00am 10.00 - 11.30am	<b>Sunday</b> 11.00 - 12.30pm	
<b>Senior Recreational: 10+ yrs</b>			
<b>Monday</b> 5.30 - 7.00pm	<b>Wednesday</b> 5.30 - 7.00pm	<b>Saturday</b> 9.00 - 10.30am 10.30 - 12.00pm	
<b>Recreational Plus: *</b>			
<b>Tuesday</b> 5.30 - 7.30pm	<b>Thursday</b> 5.30 - 7.30pm		

*\*Invitational Only*

Free G		
<b>Freestyle G Kids: (6 yrs - 8yrs)</b>		
<b>Monday</b> 4.00 - 5.00pm	<b>Wednesday</b> 4.00 - 5.00pm	<b>Thursday</b> 4.00 - 5.00pm
<b>Freestyle G: (9 yrs - 11yrs)</b>		
<b>Tuesday</b> 4:00 - 5:30pm	<b>Wednesday</b> 5.00 - 6.30pm	<b>Thursday</b> 5.00 - 6.00pm
<b>Saturday</b> 12.00 - 1.30pm (9 yrs+)		
<b>Freestyle G: (12 yrs+)</b>		
<b>Thursday</b> 6:00 - 7:30pm		
<b>Freestyle G Pro *</b>		
<b>Tuesday</b> 5.30 - 7.30pm		
<b>Aerial (Winter Sport)</b>		
<b>Tuesday</b> 6.30 - 8.00pm		<b>Wednesday</b> 6.30 - 8.00pm
<b>Team Gym*</b>		
<b>Snr Team Gym 13yrs +</b>		
<b>Wednesday</b> 5.00 - 7.00pm	<b>Friday</b> 4.00-6.00pm	

Tumbling/Trampoline			
<b>T&amp;T Beginners: 5 - 8 yrs - Boys &amp; Girls</b>			
<b>Monday</b> 4.00 - 5.00pm	<b>Wednesday</b> 4.00 - 5.00pm		
<b>T&amp;T Beginners: 9-12 yrs - Boys &amp; Girls</b>			
<b>Monday</b> 5:00 - 6:30pm	<b>Wednesday</b> 5:00 - 6:30pm		
<b>T&amp;T Intermediate/Advanced: 5-8yrs - Boys and Girls</b>			
<b>Tuesday</b> 4.00 - 5.00pm	<b>Thursday</b> 4.00 - 5.00pm	<b>Friday</b> 4.00 - 5.00pm	<b>Saturday</b> 9:00 - 10:00am
<b>T&amp;T Intermediate/Advanced: 9-12yrs - Boys and Girls</b>			
<b>Tuesday</b> 5:00 - 6:30pm	<b>Thursday</b> 5:00 - 6:30pm	<b>Saturday</b> 10:00 - 11:30am	
<b>T&amp;T Intermediate/Advanced: 13yrs+ - Boys and Girls</b>			
<b>Tuesday</b> 6:30 - 8:00pm			
<b>Adult Fitter for Life</b>			
<b>Monday</b> 12:00 - 1:00pm	<b>Wednesday</b> 12:00 - 1:00pm	<b>Friday</b> 10:45 - 11:45am	
<b>Adult Gym</b>			
<b>Monday</b> 7:30 - 9:30pm		<b>Thursday</b> 7:30 - 9:30pm	

For further details please visit our website [www.mwgymclub.com](http://www.mwgymclub.com), email [info@mwgymclub.com](mailto:info@mwgymclub.com) call 02 9972 9222  
Please contact the office for All class availability- as classes only run if we have reached minimum numbers. Thank you