



## 2023 Programs from 5 yrs old to adults

### Gymnastics

#### Recreational: 5 -7 yrs - Boys and Girls

Monday	Tuesday	Wednesday	Thursday
4.00 - 5.00pm	4.00 - 5.00pm	4.00 - 5.00pm	4.00 - 5.00pm
4. 15- 5.15pm	4. 15- 5.15pm	4. 15- 5.15pm	
Friday	Saturday	Sunday	
4.00 - 5.00pm	8:30 - 9:30 am	9.30 - 10.30am	
4. 15- 5.15pm	9.30 - 10.30 am	11:00 - 12:00 pm	
	10:30 - 11:30 am		

#### Intermediate Recreational: 7 yrs - 9yrs

Monday	Tuesday	Wednesday	Thursday
5.00 - 6.30pm	5.00 - 6.30pm	5.00 - 6.30pm	5.00 - 6.30pm
Friday	Saturday	Sunday	
5.00 - 6.30pm	8.30-10.00am	11.00-12.30pm	
	10.00-11.30am		

#### Senior Recreational: 10+ yrs

Monday	Wednesday	Saturday
5.30- 7.00 pm	5.30 - 7.00pm	9.00-10.30am
		10.30-12.00pm

#### Recreational Plus: (invitation only)

Tuesday	Thursday
5.30-7.00pm	5.30-7.00pm

### Team Gym (Invitation only)

#### Snr Team Gym 13yrs +

Friday
4.00-6.00pm

### Free G

#### Freestyle G Kids: (6 yrs - 8yrs)

Monday	Wednesday	Thursday
4.00 - 5.00 pm	4.00 - 5.00 pm	4.00 - 5.00 pm

#### Freestyle G: (9 yrs - 11yrs)

Tuesday	Thursday	Saturday
4:00 - 5:30 pm	5.00 - 6.00 pm	12.00-1.30pm

#### Freestyle G: (12 yrs+)

Thursday
6:00 - 7:30pm

#### Freestyle G Pro (Invitation Only)

Tuesday
5.30 - 7.30 pm

### Tricking

#### Intermediate (9-11 yrs)

Monday	Wednesday
5.00 - 6.30 pm	5.00 - 6.30 pm

#### Senior (12yrs+)

Monday	Wednesday
6.30 - 8.00 pm	6.30 - 8.00 pm

### Aerial Academy

Tuesday	Wednesday
6.30 - 8.00pm	6.00pm - 7.30pm

### Tumbling/Trampoline

#### T&T Beginners: 5 - 8 yrs - Boys & Girls

Monday	Wednesday
4.00 - 5.00pm	4:00 - 5:00 pm

#### T&T Beginners: 9-12 yrs - Boys & Girls

Monday	Wednesday
5:00 - 6:30 pm	5:00 - 6:30 pm

#### T&T Intermediate/Advanced: 5-8yrs - Boys and Girls

Tuesday	Thursday	Friday	Saturday
4.00 - 5.00pm	4.00 - 5.00pm	4.00 - 5.00pm	9:00 - 10:00 am

#### T&T Intermediate/Advanced: 9-12yrs - Boys and Girls

Tuesday	Thursday	Saturday
5:00 - 6:30 pm	5:00 - 6:30 pm	10:00 - 11:30 am

#### T&T Intermediate/Advanced: 13yrs+ - Boys and Girls

Tuesday
6:30 - 8:00 pm

### Adult Fitter for Life

Monday	Wednesday	Friday
12:00 - 1:00 pm	12:00 - 1:00 pm	10:45 - 11:45 am

### Adult Gym

Monday	Thursday
7:30 - 9:30pm	7:30 - 9:30pm