

# Gymnastic Classes



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5 to 7 Years 3.30 to 4.30pm	5 to 7 Years 3.30 to 4.30pm	5 to 7 Years 3.30 to 4.30pm	5 to 7 Years 3.30 to 4.30pm	5 to 7 Years 5.00 to 6.00pm	5 to 7 Years 9.00 to 10.00am	5 to 7 Years 12.00 to 1.00pm
5 to 7 Years 3.45 to 4.45pm	7 to 10 Years 3.45 to 4.45pm	5 to 7 Years 3.45 to 4.45pm	7 to 12 Years BOYS ONLY 3.45 to 4.45pm	7 to 10 Years 5.00 to 6.00pm	5 to 7 Years 10.00 to 11.00am	5 to 7 Years 1.00 to 2.00pm
7 to 10 Years 4.30 to 5.30pm	9+ Years 3.45 to 4.45pm	7 to 10 Years 4.30 to 5.30pm	7 to 10 Years 4.30 to 5.30pm	9+ Years 5.00pm to 6.00pm	7 to 10 Years 10.00 to 11.00am	7 to 10 Years 1.00 to 2.00pm
7 to 12 Years BOYS ONLY 4.30 to 5.30pm		7 to 10 Years 5.15 to 6.15pm	9+ Years 4.30 to 5.30pm		7 to 10 Years 11.00 to 12.00pm	7 to 10 Years 2.00 to 3.00pm
		7 to 10 Years 5.30 to 6.30pm			7 to 12 Years BOYS ONLY 11.00 to 12.00pm	9+ Years 2.00 to 3.00pm
		9+ Years 5.30 to 6.30pm				
		TEEN GYM 12 to 15 Years 6.15 to 8.15pm				

5 to 7 Year Olds - This class is suitable for all children either new to gymnastics or carrying on from PlayGym. Attend once a week with kids their own age for fun and fitness.

7 to 10 Year Olds - This class is suitable for all children either new to gymnastics or carrying on from the 5 to 7 class. Attend once a week with kids their own age for fun and fitness.

7 to 12 Year Olds BOYS ONLY - This class is suitable for boys new to gymnastics or carrying on from the 7 to 10 class. Attend once a week with boys their own age for fun and fitness.

9+ - This class is suitable for kids new to gymnastics or carrying on from the 7 to 10. Attend once a week with kids their own age for fun and fitness.

Teen Gym 12 to 15 - This class suitable for all kids either new to gymnastics or carrying on from other classes. Attend once a week with kids their own age for fun and fitness.