

# Gymnastic Classes



| Monday                                       | Tuesday                                   | Wednesday                                 | Thursday                                     | Friday                          | Saturday                                       | Sunday                          |
|--|---|---|--|---------------------------------|--|---------------------------------|
| 5 to 7 Years<br>3.30 to 4.30pm               | 5 to 7 Years<br>3.30 to 4.30pm            | 5 to 7 Years<br>3.30 to 4.30pm            | 5 to 7 Years<br>3.30 to 4.30pm               | 5 to 7 Years<br>5.00 to 6.00pm  | 5 to 7 Years<br>9.00 to 10.00am                | 5 to 7 Years<br>12.00 to 1.00pm |
| 5 to 7 Years<br>3.45 to 4.45pm               | 7 to 10 Years<br>3.45 to 4.45pm           | 5 to 7 Years<br>3.45 to 4.45pm            | 7 to 12 Years<br>BOYS ONLY<br>3.45 to 4.45pm | 7 to 10 Years<br>5.00 to 6.00pm | 5 to 7 Years<br>10.00 to 11.00am               | 5 to 7 Years<br>1.00 to 2.00pm  |
| 7 to 10 Years<br>4.30 to 5.30pm              | 9+ Years<br>3.45 to 4.45pm                | 7 to 10 Years<br>4.30 to 5.30pm           | 7 to 10 Years<br>4.30 to 5.30pm              | 9+ Years<br>5.00pm to 6.00pm    | 7 to 10 Years<br>10.00 to 11.00am              | 7 to 10 Years<br>1.00 to 2.00pm |
| 7 to 12 Years<br>BOYS ONLY<br>4.30 to 5.30pm |   | 7 to 10 Years<br>4.45 to 5.45pm           | 9+ Years<br>4.30 to 5.30pm                   |                                 | 7 to 10 Years<br>11.00 to 12.00pm              | 7 to 10 Years<br>2.00 to 3.00pm |
|  |   | 7 to 10 Years<br>5.30 to 6.30pm           |  |                                 | 7 to 12 Years<br>BOYS ONLY<br>11.00 to 12.00pm | 9+ Years<br>2.00 to 3.00pm      |
|  | TEEN GYM 12 to 15 Years<br>6.00 to 8.00pm | TEEN GYM 12 to 15 Years<br>6.00 to 8.00pm |  |                                 |  |                                 |

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.