



2017 – TIMETABLE – Non-competitive Classes

These classes operate during the school term only

RECREATIONAL	AGES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
KINDERGYM	Under 5 yrs		9.15-10.00 TBC	9.15-10.00	9.15-10.00 TBC		9.15 – 10.00
MINI-GYM - AM	4 & 5 yrs						9.15 - 10.00
MINI-GYM - PM	4 & 5 yrs		4.00 – 4.45	4.00 – 4.45	4.00 – 4.45		
GYM-FUN (Beginners)	6 – 9 yrs		4.15 – 5.15	4.15 – 5.15	4.15 – 5.15		10.00 - 11.00
ACRO-FUN	6 – 9 yrs		4.15 – 5.15	5.15 – 6.15		4.00 – 5.00	10.00 - 11.00
TRAMP – FUN	6 – 9 yrs		4.15 – 5.15	4.45 – 5.45		4.00 – 5.00	10.00 – 11.00
TUMBLE –FUN	6 – 9 yrs			4.15 – 5.15 TBC?	4.15 – 5.15 TBC?		10.00 – 11.00
FLIP-FUN (boys only)	6 – 9 yrs		4.15 - 5.15 TBC			4.00 - 5.00 TBC?	
FREE-G (Parkour)	6 – 9 yrs			5.15 – 6.15 TBC?		5.00 – 6.00 TBC	
ACRO-SKILLS JNR	8-11 yrs			4.45 – 6.00		4.00– 5.15	

Please note that class positions are not confirmed without payment of deposit. Classes are subject to change without notice and cancelled due to lack of enrollments.
TBC means that there are currently not enough numbers for the class to go ahead and in red means that there is currently no coach available for the class.



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RECREATIONAL	AGES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ACRO-SKILLS (Snr)	Over 9 yrs	6.45 – 8.00		6.00 – 7.15		4.00– 5.15	
GYM-SKILLS	Over 9 yrs			6.00 – 7.15			11.00 – 12.15
TRAMP-SKILLS	Over 9 yrs		5.15 – 6.30		5.15 – 6.30		
TUMBLE-SKILLS	Over 9 yrs		5.15 – 6.30 TBC				
FREE-G (Parkour)	Over 9 yrs		6.30 – 7.30 TBC			6.00 – 7.00 TBC	
ADULT GYM	17+ Years				6.30 – 8.00 TBC?		
GMT – Gymnastic Muscle Training	17+ Years		5.30 - 6.30 Lato	5.30 - 6.30 Lato	5.30 - 6.30 Lato		SUNDAY 6.30 – 7.30
SET – Specific Equipment Training	17+ Years - Lato	6.30 - 7.30	6.30 – 7.30	6.30 – 7.30			
OPEN - SESSION	17+ Years - Lato						SUNDAY 6.00 – 8.00

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2017 – TIMETABLE

Development and Levels Classes

These classes operate during the school term only.

If you are interested in competitive classes for your child, please enquire re suitability for these classes.

COMPETITIVE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	OTHER
DEVELOPMENT	4.30 – 6.00				5.00 – 6.30		Must attend 2 or more days per week
TRAMP PRE-LEVELS	4.30 – 6.00				5.00 – 6.30		Must attend 2 or more days per week – Extra day can be Tramp-fun
TEAM-GYM		4.45 – 6.15			5.15 – 6.45	11.00 – 12.30	One day per week attendance. If possible attend Tumbling class as second day optional.
TRAMP LEVELS		6.30 – 8.00		6.30 – 8.00		12.00 – 1.30	
TUMBLING LEVELS	6.00 – 8.00 TBC?		6.00 – 8.00 TBC?			10.30 – 12.30 TBC?	

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2017 – TIMETABLE Competitive Teams

These classes operate seasonally and attendance multiple times per week is compulsory.
If you are interested in competitive classes for your child, please enquire re suitability for these classes.

COMPETITIVE TEAMS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	INFO
JUNIOR ACRO TEAM	4.30 – 7.30/8.00			4.30 – 7.30/8.00		12.30 – 3.30 No Term 3	Commitment must be 3 days training Levels 4 and 5 8pm finish – June to Sept
SENIOR ACRO TEAM	4.30 – 7.30/8.00	4.30 – 7.30/8.00 No Term 3		4.30 – 7.30/8.00		12.30 – 3.30 TBC	Commitment must be 3 days / 4 days in comp season 8pm finish – Jan to June
JUNIOR TRAMP TEAM	5.00 – 7.00		5.00 – 7.00			12.30 – 2.30	Commitment must be all 3 days
SENIOR TRAMP TEAM	6.00 – 8.00		6.00 – 8.00		5.00 – 7.00 INTL	1.30 – 3.30	Commitment must be 3 days / 4 days in comp season