



2018 GYM FOR ALL

TIMETABLE

AFTERSCHOOL

GYMNASTICS

GIRLS AND BOYS

5-7 years

Monday 3.45-4.45, 4.45-5.45

Tuesday 3.45-4.45, 4.45-5.45

Wednesday 3.45-4.45, 4.45-5.45

Thursday 3.45-4.45, 4.45-5.45

Friday 3.45-4.45, 4.45-5.45

Saturday 10.30-11.30, 12-1

Sunday 11.30-12.30, 1-2

7-9 years

Saturday 11.30-1.00

Sunday 12.30-2.00

GIRLS ONLY

7-9 years

Monday 4.45-6.15

Tuesday 4.45-6.15

Wednesday 4.45-6.15

Thursday 4.45-6.15

Friday 4.45-6.15

9-11 years

Tuesday 5.15-7.15

Thursday 5.15-7.15

10-16 years

Monday 6.15-8.15

Tuesday 6.15-8.15

Wednesday 6.15-8.15

Thursday 6.15-8.15

Friday 6.15-8.15

Saturday 1.00-3.00

BOYS ONLY

7-9 years

Tuesday 4.45-6.15

9-16 years

Wednesday 5.45-7.45

RHYTHMIC

5-9 years

Saturday 8.30-9.30

FREESTYLE

TUMBLING

5-8 years

Monday 3.45-4.45

Wednesday 3.45-4.45

Friday 3.45-4.45

Saturday 10.00-11.00

8-11 years

Monday 4.45-6.15

Wednesday 4.45-6.15

Friday 4.45-6.15

11-16 years

Monday 6.15-8.15

Friday 6.15-8.15

Dance Flip (Dancers only)

Friday 4.45-6.15

TRAMPOLINE

5-8 years

Tuesday 3.45-4.45

Thursday 3.45-4.45

Saturday 9.00-10.00

8-11 years

Tuesday 4.45-6.15

Wednesday 4.45-6.15

Thursday 4.45-6.15

11-16 years

Tuesday 6.15-8.15

Thursday 6.15-8.15

PARKOUR

5-7 years

Thursday 3.45-4.45

Sunday 2.30-3.30

7-9 years

Thursday 4.45-6.15

Sunday 3.30-5.00

10-16 years

Tuesday 6.15-8.15

Wednesday 6.15-8.15

Thursday 6.15-8.15

Sunday 5.00-7.00

TEAM GYM

RECREATIONAL

7-9 years

Tuesday 4.45-6.15

10-16 years

Tuesday 6.15-8.15

ADVANCED

*Available by invitation only please
contact team@tristar.org.nz to
book a trial*

NOVICE COMP

*If you are interested in a more
advanced programme please email
team@tristar.org.nz*

ADULTS

16-99 years

Wednesday 8.15-9.45

OPEN GYM

5-11 years

Sunday 2.30-3.30

11-16 years

Friday 7.15-8.45

16-99 years

Wednesday 7.45-9.45

Sunday 5.00-7.00

*No booking required pay as you
play. All afterschool and weekend
sessions \$15 per session*

TERM DATES

Term 1 5thFebruary-15thApril

Term 2 30thApril-8thJuly

Term 3 23rdJuly-30thSeptember

Term 4 15thOctober-16thDecember