



GYM FOR ALL 2025 5 & OVER

Jump into it!

55 ARUNDEL STREET, MT ROSKILL

MONDAY

5-7 YEARS

3.30-4.15 GYM
3.45-4.45 GYM
4.15-5.00 GYM
4.45-5.45 GYM

7-9 YEARS

4.45-6.15 GIRLS GYM

9+ YEARS

5.45-7.45 GIRLS GYM

ADULTS

8.00-9.30 (17 YEARS+)

NOVICE LEVEL 1

3.30-5.30

TUESDAY

5-7 YEARS

3.30-4.30 COMBO
3.45-4.45 GYM
4.45-5.45 GYM

7-9 YEARS

4.00-5.30 BOYS GYM
4.30-6.00 COMBO
4.45-6.15 GIRLS GYM

9+ YEARS

5.45-7.45 GIRLS GYM
6.15-7.45 COMBO

NOVICE LEVEL 1

3.30-5.30

WEDNESDAY

5-7 YEARS

3.45-4.45 TUMBLE
3.45-4.45 GYM
4.45-5.45 GYM

7-9 YEARS

4.45-6.15 TUMBLE
4.45-6.15 GIRLS GYM

9+ YEARS

6.15-7.45 BOYS GYM
6.15-8.15 GIRLS GYM
6.30-8.00 TRAMP

NOVICE LEVEL 2/3

3.30-5.30

NOVICE LEVEL 4

5.30-8.00

THURSDAY

5-7 YEARS

3.30-4.30 PARKOUR
3.45-4.45 GYM
4.45-5.45 GYM

7-9 YEARS

4.00-5.30 TRAMP
4.30-6.00 PARKOUR
4.45-6.15 GIRLS GYM

9+ YEARS

5.45-7.45 GIRLS GYM
6.15-7.45 PARKOUR

11+ YEARS

6.15-8.15 GIRLS GYM

FRIDAY

5-7 YEARS

3.30-4.30 BEGINNER
3.45-4.45 GYM
5.15-6.15 TUMBLE

7-9 YEARS

3.45-5.15 TUMBLE
4.45-6.15 GIRLS GYM

11+ YEARS

7-8.30 TUMBLE

NOVICE LEVEL 2

3.30-5.30

NOVICE LEVEL 3/4

5.00-7.00

SATURDAY

5-7 YEARS

8.30-9.30 PARKOUR
8.30-9.15 NEW 5S
10.45-11.45 GYM
11.45-12.45 GYM

7-9 YEARS

11.45-1.15 GYM MIXED

9+ YEARS

9.15-10.45 TUMBLE
1.00-3.00 GYM

SUNDAY

5-7 YEARS

11.30-12.30 GYM
1.30-2.30 GYM

7-11 YEARS

1.00-2.30 GYM MIXED

*TIMETABLE SUBJECT TO CHANGE.

CLASS TYPES:

- PARKOUR:** RUNNING AND JUMPING OVER STUFF
- TRAMP:** JUMPING & TRICKS ON THE TRAMPOLINE
- TUMBLE:** FLOOR SKILLS, CARTWHEELS, SOMERSAULTS ETC
- COMBO:** PARKOUR, TRAMP AND TUMBLE ALL IN ONE CLASS
- BEGINNER:** CLASSES FOR THOSE WITH NO SPORT EXPERIENCE
- GYM:** ARTISTIC APPARATUS-VAULT, BAR, BEAM, FLOOR, RINGS, P-BARS AND ALL THE OTHER FUN STUFF
- NOVICE:** GYMNASTICS FOR THOSE WANTING TO PARTICIPATE IN AUCKLAND WIDE COMPETITIONS EXPERIENCE REQUIRED

CLASS FEES:

- 45 MIN \$18/SESSION
- 1 HOUR \$20/SESSION
- 1.5 HOUR \$25/SESSION
- 2 HOURS \$29.50/SESSION

FEES ARE CHARGED PER TERM BASED ON NUMBER OF SESSIONS REMAINING

FOR MORE INFO ON CLASS TYPES OR TO ENROL PLEASE VISIT OUR WEBSITE

WWW.TRISTAR.ORG.NZ

TERM DATES

- TERM 1 28TH JANUARY - 13TH APRIL
- TERM 2 28TH APRIL - 29TH JUNE
- TERM 3 14TH JULY - 21ST SEPTEMBER
- TERM 4 6TH OCTOBER - 21ST DECEMBER