



# GYM FOR ALL 2025 5 & OVER

55 ARUNDEL STREET, MT ROSKILL

*Jump into it!*

## 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

4.30-6.00 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

6.30-8.00 TUMBLE

NOVICE LEVEL 1/2

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  
10.30-11.30 GYM  
11.30-12.30 GYM

7-9 YEARS

11.30-1.00 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

### 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

\*TIMETABLE SUBJECT TO CHANGE.

### 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

### 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

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

[WWW.TRISTAR.ORG.NZ](http://WWW.TRISTAR.ORG.NZ)