



GYM FOR ALL TERM 4 – 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+)

TUESDAY

5-7 YEARS

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

7-9 YEARS

4.30-6.00 COMBO
4.45-6.15 GIRLS GYM

8-10 YEARS

4.00-5.30 BOYS GYM

9+ YEARS

5.45-7.45 GIRLS GYM
6.30-8.00 COMBO

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

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
4.00-5.00 GYM
5.15-6.15 TUMBLE

7-9 YEARS

3.45-5.15 TUMBLE
5.00-6.30 GIRLS GYM

10+ YEARS

6.30-8.00 TUMBLE

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

8+ YEARS

9.00-10.30 TUMBLE

9+ YEARS

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

*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