



# 2020 GYM FOR ALL TIMETABLE

## AFTERSCHOOL

Term 3 and 4

### ARTISTIC GYMNASTICS

#### MIXED

##### 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  
Thursday 3.45-4.45, 4.45-5.45  
Friday 3.45-4.45  
Saturday 10.30-11.30, 11.30-12.30  
Sunday 11.30-12.30

##### 7-9 years

Saturday 11.30-1.00  
Sunday 1.00-2.30

##### 9-11 years

Monday 5.45-7.45

#### 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 5.45-7.45  
Thursday 5.45-7.45

##### 10-16 years

Thursday 6.15-8.15  
Saturday 1.00-3.00

#### BOYS ONLY

##### 7-9 years

Tuesday 4.45-6.15

#### EXTENSION

These classes are for children needing a greater challenge, there is more focus on strength and flexibility.

6/7 years Friday 4.00-6.00  
10 years + Monday 6.15-8.15

### FREESTYLE

#### TUMBLING

##### 5-8 years

Monday 3.45-4.45  
Wednesday 3.45-4.45  
Friday 3.45-4.45  
Saturday 11.00-12.00

##### 8-11 years

Monday 4.45-6.15  
Wednesday 4.45-6.15  
Friday 4.45-6.15  
Saturday 9.30-11.00

##### 11-16 years

Friday 6.15-8.15

#### TRAMPOLINE

##### 5-8 years

Tuesday 3.45-4.45

Thursday 3.45-4.45

##### 8-11 years

Tuesday 4.45-6.15  
Thursday 4.45-6.15

##### 11-16 years

Thursday 6.15-8.15

#### PARKOUR

##### 5-6 years

Saturday 8.30-9.30

##### 7-9 years

Thursday 4.45-5.45

##### 10+ years

Thursday 6.15-7.45

### OTHER OPTIONS

#### FREESTYLE COMBO

##### 5-6 years

Tuesday 3.45-4.45  
Thursday 3.45-4.45

##### 7-9 years

Tuesday 4.45-6.15

##### 10+ years

Tuesday 6.15-7.45  
Saturday 9.30-11.00

#### ADULTS

##### 16-99 years

Tuesday 8.00-9.30  
Thursday 8.15-9.45

Novice Competition and Private Training Options are available please contact the office for more information.