



2022 GYM FOR ALL TIMETABLE TERM 4

5-99 years

Mt Roskill

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, 4.45-5.45
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

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
Monday 5.45-7.45

10-16 years

Thursday 6.15-8.15
Saturday 1.00-3.00

BOYS ONLY

7-9 years

Tuesday 4.00-5.30

9-16 years

Wednesday 6.15-7.45

ADULTS

16-99 years \$225

Monday 8.00-9.30
Wednesday 8.00-9.30

FREESTYLE

TUMBLING

5-8 years

Monday 3.45-4.45
Wednesday 3.45-4.45

8-11 years

Monday 4.45-6.15
Wednesday 4.45-6.15
Saturday 9.00-10.30

TRAMPOLINE

5-7 years

Thursday 3.30-4.30

7-8 years

Tuesday 4.30-6.00 (up to 10 years)
Thursday 4.30-5.30

11-16 years

Monday 6.15-7.45

PARKOUR

5-8 years

Saturday 8.30-9.30

7-9 years

Thursday 4.30-6.00

10+ years

Thursday 6.15-7.45

FREESTYLE COMBO

5-7 years

Tuesday 3.30-4.30

7-9 years

Tuesday 4.30-6.00

10+ years

Tuesday 6.00-7.30

1 hour \$175

Fees per term:

1.5 hours \$205

2 hours \$265

Novice Competition and Private Training Options are available please visit the Novice Competition and Private Training pages of the website for more information.

Address: 55 Arundel St, Mt Roskill

Email: team@tristar.org.nz

Phone: (09) 625-4354



2022 GYM FOR ALL TIMETABLE

Under 5s

GYMTOTS (0-2 years) Adult Participation

\$140

Thursday
9.30-10.15

Friday
9.30-10.15

Sunday
9.30-10.15

Gymtots classes are aimed at walkers and confident crawlers who climb

PLAYGYM (2-4 years) Adult Participation

\$140

Monday
9.30-10.15

Tuesday
10.30-11.15

Wednesday
10.30-11.15

Thursday
10.30-11.15
5.00-5.45pm

Friday
10.30-11.15
4.00-4.45pm

Saturday
8.30-9.15
9.30-10.15

Sunday
10.30-11.15

Siblings under 2 may attend the class with their Playgym sibling but it is the adult's responsibility to keep them safe and ensure they don't disrupt other class participants. Afterschool classes take place in the upstairs conference room

PLAYGYM PLUS (3/4years) No Adult Participation

\$175

3 year olds

3 year olds must complete a term of Play Gym and be independent before enrolling in Play Gym Plus

Tuesday (mixed 3&4)
9.30-10.30

Thursday
3.45-4.45

Saturday (mixed 3&4)
9.30-10.30

4 year olds

Monday
10.30-11.30

Tuesday
9.30-10.30
3.45-4.45

Wednesday
9.30-10.30

Thursday
3.45-4.45

Friday
11.30-12.30
1.30-2.30

Saturday
8.30-9.30
10.30-11.30

Sunday
9.30-10.30

All Afterschool and Saturday Play Gym Plus classes take place upstairs in the conference room.