



# TERM 2 MT ROSKILL

## 5 & OVER

### 2024 TIMETABLE

*Jump into it!*

55 ARUNDEL STREET, MT ROSKILL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>5-7 YEARS</b>	<b>5-7 YEARS</b>	<b>5-7 YEARS</b>	<b>5-7 YEARS</b>	<b>5-7 YEARS</b>	<b>5-7 YEARS</b>	<b>5-7 YEARS</b>
<b>3.30-4.30 BEGINNER</b>	<b>3.30-4.30 COMBO</b>	<b>3.45-4.45 TUMBLE</b>	<b>3.30-4.30 PARKOUR</b>	<b>3.45-4.45 GYM</b>	<b>8.30-9.30 PARKOUR</b>	<b>11.30-12.30 GYM</b>
<b>3.30-4.15 GYM</b>	<b>3.45-4.45 GYM</b>	<b>3.45-4.45 GYM</b>	<b>3.45-4.45 GYM</b>	<b>5.15-6.15 TUMBLE</b>	<b>10.30-11.30 GYM</b>	<b>1.30-2.30 GYM</b>
<b>3.45-4.45 GYM</b>	<b>4.45-5.45 GYM</b>	<b>4.45-5.45 GYM</b>	<b>4.45-5.45 GYM</b>		<b>11.30-12.30 GYM</b>	
<b>4.15-5.00 GYM</b>						
<b>4.45-5.45 GYM</b>						
<b>7-9 YEARS</b>	<b>7-9 YEARS</b>	<b>7-9 YEARS</b>	<b>7-9 YEARS</b>	<b>7-9 YEARS</b>	<b>7-9 YEARS</b>	<b>7-9 YEARS</b>
<b>4.45-6.15 GIRLS GYM</b>	<b>4.00-5.30 BOYS GYM</b>	<b>4.45-6.15 TUMBLE</b>	<b>4.00-5.30 TRAMP</b>	<b>3.45-5.15 TUMBLE</b>	<b>11.30-1.00 GYM MIXED</b>	<b>1.00-2.30 GYM MIXED</b>
	<b>4.30-6.00 COMBO</b>	<b>4.45-6.15 GIRLS GYM</b>	<b>4.30-6.00 PARKOUR</b>	<b>4.45-6.15 GIRLS GYM</b>		
	<b>4.45-6.15 GIRLS GYM</b>		<b>4.45-6.15 GIRLS GYM</b>			
<b>9+ YEARS</b>	<b>9+ YEARS</b>	<b>9+ YEARS</b>	<b>9+ YEARS</b>	<b>9+ YEARS</b>	<b>9+ YEARS</b>	
<b>5.45-7.45 GIRLS GYM</b>	<b>5.45-7.45 GIRLS GYM</b>	<b>6.15-7.45 BOYS GYM</b>	<b>5.45-7.45 GIRLS GYM</b>	<b>3.45-5.45 GIRLS GYM</b>	<b>9.15-10.45 TUMBLE</b>	
	<b>6.15-7.45 COMBO</b>	<b>6.15-8.15 GIRLS GYM</b>	<b>6.15-7.45 PARKOUR</b>		<b>1.00-3.00 GYM</b>	
		<b>6.30-8.00 TRAMP</b>				
			<b>11+ YEARS</b>	<b>11+ YEARS</b>		
			<b>6.15-8.15 GIRLS GYM</b>	<b>7-8.30 TUMBLE</b>		

#### 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

#### CLASS FEES:

- 45 MIN \$17/SESSION**
- 1 HOUR \$19.50/SESSION**
- 1.5 HOUR \$24/SESSION**
- 2 HOURS \$28.50/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 2 29TH APRIL-7TH JULY**
- TERM 3 22ND JULY 29TH SEPTEMBER**
- TERM 4 14TH OCTOBER - 15TH DECEMBER**