



5 & OVER 2024 TIMETABLE

55 ARUNDEL STREET, MT ROSKILL

Jump into it!

MONDAY

5-7 YEARS

3.30-4.30 BEGINNER

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

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

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

4.00-5.30 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

3.45-4.45 GYM

5.15-6.15 TUMBLE

7-9 YEARS

3.45-5.15 TUMBLE

4.45-6.15 GIRLS GYM

11+ YEARS

7-8.30 TUMBLE

SATURDAY

5-7 YEARS

8.30-9.30 PARKOUR

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

7-9 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

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 3 22ND JULY 29TH SEPTEMBER
TERM 4 14TH OCTOBER - 15TH DECEMBER