

MONDAY 9.30-10.15am 10.30-12.00pm 2.30-3.30pm 4.20-5.20pm 5.30-6.30pm 5.30-6.30pm 6.30pm 7.15-8.15pm 8.20-5.20pm 7.15-8.45pm 8.20-7.30pm 8.20-7.30pm 8.20-7.30pm 8.20-7.30pm 8.20-7.30pm 8.20-7.30pm 8.20-7.30pm 8.20-7.30pm 8.20-7.30pm 8.20-7.30pm 8.20-7.30pm 8.20-7.30pm 8.20-7.30pm 9.15-10.00am 10.00-11.00am 11.20-7.20pm 8.20-7.20pm 8.20-7.20pm 9.15-10.00am 10.00-11.00am 11.20pm 9.11am Structured Parent/Toddler 2-3yrs Free Style Gymnastics 10-16yrs	DAY	TIME	CLASS
2.30-3.30pm	MONDAY	9.30-10.15am	Structured Parent/Toddler 2-3yrs
## A 20-5.20pm Recreation age 4-7yrs		10.30-12.00pm	Tots - 0-3yrs Free Play
5.30-6.30pm		2.30-3.30pm	Home Education
5.30-6.30pm		4.20-5.20pm	Recreation age 4-7yrs
4.30-6.30pm		5.30-6.30pm	Recreation age 7-10yrs
TUESDAY 4.20-5.20pm 7.15-8.15pm Free Style Gymnastics 4.30-6.30pm Green Squad 5-7pm Green Squad 5-8pm Blue + Pink Squad 5.30-8pm Blue + Pink Squad 5.30-8pm Blue + Pink Squad 5.30-8pm Boys Competition Group WEDNESDAY 4.00-4.45pm- 4.30-6pm Intermediate Competition Group Recreational age 7-10yrs 6.00-7.00pm Recreational age 7-10yrs 6.8pm Red Squad 7-8pm Intermediate Competition Hour THURSDAY 9.30-10.15am Pre School age 3-5yrs 10.15-11.00am Intermediate Competition Hour THURSDAY 9.30-10.15am Pre School age 3-5yrs 10.15-11.00am Structured Parent/Toddler 2-3yrs 11.10am-12.10pm Home Education 4.30-5.30pm Recreation age 4-7yrs 7.00-8.00pm Recreation age 10-16yrs 4.30-6.30pm Recreation age 10-16yrs 4.30-6.30pm Grange Squad 6-8.15pm Recreation age 7-10yrs 7.15-8.15pm Recreation age 7-10yrs Recreation age 13-18yrs 4.30-7.30pm Blue + Pink Squad 5.30-7.30pm Green + Red Squad 5.30-7.30pm Intermediate Competition Group SATURDAY 9-10am Recreational age 4-7yrs 9-15-10.00am Pre School age 3-5yrs 10.00-11.00am Recreational age 4-7yrs Pre School age 3-5yrs 10.15-11.00am Pre School age 3-5yrs 11.15am-12.15pm Pre School age 3-5yrs Recreational age 7-10yrs Pre School age 3-5yrs 11.15am-12.15pm Pre School age 3-5yrs Recreational age 4-7yrs Pre School age 3-5		5.30-6.30pm	Recreation age 10-16yrs
TUESDAY 4.20-5.20pm 7.15-8.15pm Free Style Gymnastics 4.30-6.30pm Green Squad 5-7pm Green Squad 5-8pm Blue + Pink Squad 5.30-8pm Blue + Pink Squad 5.30-8pm Blue + Pink Squad 5.30-8pm Boys Competition Group WEDNESDAY 4.00-4.45pm- 4.30-6pm Intermediate Competition Group A 45-5.45pm Becreational age 7-10yrs 6.00-7.00pm Recreational age 10-16yrs 5.45-8pm Display Group 6-8pm Red Squad 7-8pm Intermediate Competition Hour THURSDAY 9.30-10.15am Pre School age 3-5yrs Intermediate Competition Hour THURSDAY 9.30-10.15am Intermediate Competition Hour THURSDAY 9.30-10.15am Pre School age 3-5yrs Intermediate Competition Hour Fre School age 3-5yrs Staticutured Parent/Toddler 2-3yrs Home Education 4.30-5.30pm Recreation age 4-7yrs 5.45-6.45pm Recreation age 4-7yrs Recreation age 10-16yrs Per School age 3-5yrs Recreation age 10-16yrs Recreation age 13-18yrs Recreation age 4-7yrs Recreation age 4-7yrs Recreation age 3-5yrs Recreation age 4-7yrs Recreation age 3-5yrs Recreation age 4-7yrs Recreation age 3-5yrs Recreation age 4-7yrs Recreation age 4-7y		4.30-6.30pm	Invited Red Squad
7.15-8.15pm		5-8pm	Pink Squad
4.30-6.30pm Green Squad	TUESDAY	4.20-5.20pm	Recreation age 4-7yrs
5-7pm Green Squad		7.15-8.15pm	Free Style Gymnastics
5-8pm 5.30-8pm Blue + Pink Squad 5.30-8pm Boys Competition Group WEDNESDAY 4.00-4.45pm-		4.30-6.30pm	Orange Squad
S.30-8pm Boys Competition Group		5-7pm	Green Squad
WEDNESDAY		5-8pm	Blue + Pink Squad
4.30-6pm		5.30-8pm	Boys Competition Group
4.30-6pm 4.45-5.45pm Recreational age 7-10yrs 6.00-7.00pm Ferseational age 10-16yrs 5.45-8pm Feed Squad T-8pm Recreational age 3-5yrs Intermediate Competition Hour THURSDAY 9.30-10.15am Pre School age 3-5yrs 10.15-11.00am Ferseation age 4-7yrs Feed Squad T-8pm Recreation age 4-7yrs Feed Squad Recreation age 3-5yrs Recreation age 4-7yrs Feed Squad Recreation age 10-16yrs Feed Squad Recreation age 4-7yrs Feed Squad Recreation age 4-7yrs Feed Squad Recreation age 4-7yrs Recreation age 10-16yrs Recreation age 10-16yrs Recreation age 10-16yrs Recreation age 7-10yrs Recreation age 7-10yrs Recreation age 7-10yrs Recreation age 13-18yrs Recreation age 3-5yrs Recreation age 4-7yrs	WEDNESDAY	4.00-4.45pm-	Pre School age 3-5yrs
6.00-7.00pm 5.45-8pm Display Group 6-8pm Red Squad 7-8pm Intermediate Competition Hour THURSDAY 9.30-10.15am T1.10am T1.10am T1.10am-12.10pm T2.45-6.45pm T2.45-6.45pm T2.45-6.45pm T2.45-6.45pm T2.45-6.30pm T2.45		4.30-6pm	Intermediate Competition Group
5.45-8pm		4.45-5.45pm	Recreational age 7-10yrs
6-8pm Red Squad 7-8pm Intermediate Competition Hour		6.00-7.00pm	
6-8pm Red Squad 7-8pm Intermediate Competition Hour		5.45-8pm	· ·
THURSDAY 9.30-10.15am Pre School age 3-5yrs 10.15-11.00am Structured Parent/Toddler 2-3yrs 11.10am-12.10pm Home Education 4.30-5.30pm Recreation age 4-7yrs 5.45-6.45pm Recreation age 10-16yrs 4.30-6,30pm Beginner Intermediate Comp Group 4.30-6.30pm Orange Squad 6-8.15pm Recreation age 7-10yrs 7.15-8.15pm Recreation age 7-10yrs Recreation age 13-18yrs Recreation age 13-18yrs Recreation age 13-18yrs Recreation age 7-10yrs Recreation age 3-5yrs Recreational age 4-7yrs Recreational age 4-7yrs Recreational age 3-5yrs Recreational age 4-7yrs Recreational age 7-10yrs Recreational age 7-10yrs P-11am Orange + Green Squad Blue + Pink Squad		•	
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5.45-6.45pm 7.00-8.00pm Recreation age 7-10yrs 7.00-8.00pm Recreation age 10-16yrs Recreation age 7-10yrs Orange Squad Recreation age 7-10yrs Recreation age 7-10yrs Recreation age 7-10yrs Recreation age 13-18yrs Recreation age 4-7yrs Recreational age 7-10yrs		11.10am-12.10pm	Home Education
7.00-8.00pm Recreation age 10-16yrs 4.30-6pm Beginner Intermediate Comp Group 4.30-6.30pm Orange Squad 6-8.15pm Advance Intermediate Comp Group FRIDAY 4.20-5.20pm Recreation age 7-10yrs 7.15-8.15pm Recreation age 13-18yrs 4.30-7.30pm Blue + Pink Squad 5.30-7.30pm Green + Red Squad 5.30-7.30pm Intermediate Competition Group SATURDAY 9-10am Recreational age 4-7yrs 9.15-10.00am Pre School age 3-5yrs 10.00-11.00am Recreational age 4-7yrs 11.15am-12.15pm Recreational age 7-10yrs 9-11am Orange + Green Squad 9am-1pm Blue + Pink Squad		4.30-5.30pm	Recreation age 4-7yrs
4.30-6pm 4.30-6.30pm Orange Squad 6-8.15pm Advance Intermediate Comp Group Recreation age 7-10yrs 7.15-8.15pm Recreation age 13-18yrs 4.30-7.30pm Blue + Pink Squad 5.30-7.30pm Green + Red Squad 5.30-7.30pm Intermediate Competition Group SATURDAY 9-10am Pre School age 3-5yrs 10.00-11.00am Recreational age 4-7yrs 11.15am-12.15pm Recreational age 7-10yrs P-11am Orange + Green Squad Blue + Pink Squad		5.45-6.45pm	Recreation age 7-10yrs
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FRIDAY 4.20-5.20pm 7.15-8.15pm Recreation age 7-10yrs 7.15-8.15pm Recreation age 13-18yrs 4.30-7.30pm Blue + Pink Squad 5.30-7.30pm Green + Red Squad Intermediate Competition Group SATURDAY 9-10am Recreational age 4-7yrs 9.15-10.00am Pre School age 3-5yrs 10.00-11.00am Recreational age 4-7yrs 11.15am-12.15pm Recreational age 7-10yrs 9-11am Orange + Green Squad 9am-1pm Blue + Pink Squad		4.30-6.30pm	Orange Squad
7.15-8.15pm Recreation age 13-18yrs 4.30-7.30pm Blue + Pink Squad 5.30-7.30pm Green + Red Squad Intermediate Competition Group SATURDAY 9-10am Recreational age 4-7yrs 9.15-10.00am Pre School age 3-5yrs 10.00-11.00am Recreational age 4-7yrs 11.15am-12.15pm Recreational age 7-10yrs 9-11am Orange + Green Squad 9am-1pm Blue + Pink Squad		6-8.15pm	Advance Intermediate Comp Group
4.30-7.30pm Blue + Pink Squad 5.30-7.30pm Green + Red Squad 5.30-7.30pm Intermediate Competition Group SATURDAY 9-10am Recreational age 4-7yrs 9.15-10.00am Pre School age 3-5yrs 10.00-11.00am Recreational age 4-7yrs 11.15am-12.15pm Recreational age 7-10yrs 9-11am Orange + Green Squad 9am-1pm Blue + Pink Squad	FRIDAY	4.20-5.20pm	Recreation age 7-10yrs
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SATURDAY 9-10am Recreational age 4-7yrs 9.15-10.00am Pre School age 3-5yrs 10.00-11.00am Recreational age 4-7yrs 11.15am-12.15pm Recreational age 7-10yrs 9-11am Orange + Green Squad 9am-1pm Blue + Pink Squad		4.30-7.30pm	Blue + Pink Squad
SATURDAY 9-10am 9.15-10.00am Pre School age 3-5yrs 10.00-11.00am Recreational age 4-7yrs 11.15am-12.15pm Recreational age 7-10yrs 9-11am Orange + Green Squad 9am-1pm Blue + Pink Squad		5.30-7.30pm	Green + Red Squad
9.15-10.00am Pre School age 3-5yrs 10.00-11.00am Recreational age 4-7yrs 11.15am-12.15pm Recreational age 7-10yrs 9-11am Orange + Green Squad 9am-1pm Blue + Pink Squad		5.30-7.30pm	Intermediate Competition Group
10.00-11.00am Recreational age 4-7yrs 11.15am-12.15pm Recreational age 7-10yrs 9-11am Orange + Green Squad 9am-1pm Blue + Pink Squad	SATURDAY	9-10am	Recreational age 4-7yrs
11.15am-12.15pm Recreational age 7-10yrs 9-11am Orange + Green Squad 9am-1pm Blue + Pink Squad		9.15-10.00am	Pre School age 3-5yrs
9-11am Orange + Green Squad 9am-1pm Blue + Pink Squad		10.00-11.00am	Recreational age 4-7yrs
9am-1pm Blue + Pink Squad		11.15am-12.15pm	Recreational age 7-10yrs
·		9-11am	Orange + Green Squad
11am-1pm Intermediate Competition Group		9am-1pm	Blue + Pink Squad
		11am-1pm	Intermediate Competition Group



NEW BABY AND TODDLER SESSIONS

DOES YOUR CHILD LOVE ROLLING + CLIMBING? COME AND TRY GYMNASTICS FOR TOTS!!!

FREE PLAY

Mondays 10.30-12pm = Stay + Play Soft play, soft mats, jump, bounce + have fun!

> Walking - 4yrs £4/session - Hot drinks free for adults



COACH LEAD LESSONS

Parent + Children aged 2-3yrs

Circuit based fun!
Fun themed gymnastics
Swing on the bars, balance on the beam, roll +
bounce around our purpose built gymnastics
centre with help from your grown up.

Thursday 10.15-11am Friday 2.30-3.15pm £4/session

