



Class Timetable

CLASSES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Stay & Play			9.30 – 11.00am			
Pre – School Structured Gym (Caterpillars Walking to 2yrs) Pre – School Gym (Butterflies 3 – 4yrs)			11.00 – 11.45am			
Home Ed Class		10.00 – 11.00am				
After School Class Parkour Castle Batch School	3.15 – 4.00pm					
Gym Fun					4.30 – 5.30pm	
General Gym 4-7yrs	4.30 – 5.30pm			4.30 – 5.30pm		
General Gym 8yrs +	5.40 – 6.40pm			5.40 – 6.40pm	5.40 – 6.40pm	
Free G (Freerunning & Parkour)		7.45 – 8.15pm				
Parkour					6.30 – 8.00pm (Age 7 - 11) 8.00 – 9.30pm (11+ yrs)	
Advanced Class					4.30 – 6.30pm	
Artistic Class			4.30 – 6.30pm	6.30 – 8.30pm		
Artistic Mini 4yrs + (invite only)	4.30 – 6.30pm					
Tumbling Class (Beginners)			6.30 – 7.30pm			
Tumbling Squad (invite only)			6.30 – 7.30pm			
Potential Acro (Invite only)				4.30 – 6.30pm		10.00 – 12.00pm
Acrobatics & Tumbling Squad (invite only)		4.30 – 7.30pm	4.30 – 6.30pm			10.00 – 12.00pm (Grade 1- 3) 12.00 – 2.00pm (Grade 4 & Above)
Acrobatic Elite Squad		4.30 – 7.30pm	4.30 – 6.30pm	6.15 - 8.15pm	4.30 – 6.30pm	12.00 – 2.00pm
Aerobics Beginners						2.00 – 3.00pm
Aerobic Development	6.30 -8.30pm					2.00 – 3.00pm

Squad (invite only)						
Aerobics NAC & RAC Squad (invite only)	6.30 – 8.30pm	4.30 - 6.15pm (Churchill School)				3.00 – 6.00pm
Aerobics FIG Squad (invite only)	6.30 – 8.30pm	4.30 - 6.15pm (Churchill School)				1.00 – 6.00pm

Colour Code of Classes

Pre - School	Yellow
After School Clubs	Purple
General Gym	Green
Free G & Parkour	Grey
Advanced	Bright Green
Artistic Class	Pink
Tumbling	Light Blue
Acrobatics & Tumbling	Dark Blue
Potential Acro	Light Purple
Aerobics	Red
Home Education	Brown