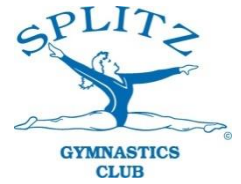


Class Timetable



CLASSES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Pre – School Structured Gym (Caterpillars Walking to 2yrs) Pre – School Gym (Butterflies 3 – 4yrs)			11.00 – 11.45am			
Pre – School Structured Gym (Caterpillars Walking to 2yrs)					10.00 – 10.45am	
Pre – School Gym (Butterflies 3 – 4yrs)					11.00 – 11.45am	
Home Ed Class Gymnastics & Parkour		11.15 - 12.15am				
After School Class Parkour Castle Batch School	3.15 – 4.00pm					
After School Class Acro / Dance / Gym Castle Batch School					3.15 – 4.00pm	
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	
Boys Gym					4.30 -5.30pm	
Parkour					6.30 – 8.00pm (Age 7 - 11)	
Parkour					8.00 – 9.30pm (11+)	
Advanced Class					4.30 – 6.30pm	
Artistic Class	5.40 – 7.40pm			6.30 – 8.30pm		
Trampolining						9.00 – 10.00am
Tumbling Class (Beginners)			6.30 – 7.30pm			
Tumbling Squad (invite only)			6.30 – 7.30pm			
Tumbling Squad Club Level (invite only)			6.30 - 7.30pm		7.00 - 8.00pm	

Tumbling Squad National Level (invite only)			6.30 - 7.30pm		7.00 - 8.30pm	
Potential Acro 1 (invite only)	4.30 – 6.30pm					9.00 – 11.00am
Potential Acro 2 (invite only)		4.30 – 6.30pm		4.30 – 6.30pm		
Acrobatics Comp Squad 1 (invite only)		4.30 – 6.30pm	4.30 – 6.30pm			9.00 – 11.00am
Acrobatics Comp Squad 2 (invite only)		5.30 – 8.30pm	4.30 – 6.30pm			10.30 -12.30pm
Acrobatic Elite Squad (invite only)		5.30 – 8.30pm	4.30 – 6.30pm	6.15 - 8.15pm	4.30 – 6.30pm	11.00 – 2.00pm
Aerobics Beginners						2.00 – 3.00pm
Aerobic Development Squad (invite only)	6.30 -8.30pm					2.00 – 3.00pm
Aerobics NAC & RAC Squad (invite only)	6.30 – 8.30pm	5.15 – 7.00pm (Hope Church)				3.00 – 6.00pm
Aerobics FIG Squad (invite only)	6.30 – 8.30pm	5.15 – 7.00pm (Hope Church)				1.00 – 6.00pm

Colour Code of Classes

Pre - School	
After School Clubs	
General Gym	
Free G & Parkour	
Advanced	

Artistic Class	
Tumbling	
Acrobatics & Tumbling	
Potential Acro	
Aerobics	
Home Education	
Trampolining	