

	MONDAY		TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY							
09:00															Acro Novice	Acro NDP						
09:30			Pre-School 1									Pre-School 1										
10:00			9:30am-10:15am									9:30am-10:15am			9am-11am	9am-11am	Acro FIG, Junior & Youth					
10:15																						
10:30			Pre-School 2									Pre-School 2				Acro CDC						
11:00			10:30am-11:15am									10:30am-11:15am						11:15am-1:15pm				
11:15																			10:30am-1:30pm			
11:30																						
12:00																						
12:30																						
13:00										Aerobics FIG												
13:15																						
13:30																						
14:00																						
14:30										Aerobic Gymnastics Beginners												
15:00													1:30pm-2:30pm									
15:30																						
16:00																						
16:15	General Gym 1		Acro Dev & Acro NDP	General Gym 1		Acro NDP	General Gym 1	Acro Dev	Advanced General Gym	Tumbling National	Tumbling Club	Aerobics RAC				Aerobics NAC & FND						
16:30	4pm-5pm												4pm-5pm		4pm-5pm		4pm-5pm		4pm-5pm		2:30pm-5:30pm	
17:00			4pm-6pm	Acro & Tumbling Fun	Acro FIG		Tumbling Club & National	4pm-6pm	General Gym 2	4pm-6pm	4pm-6pm		4pm-5:30pm	4pm-5:30pm								
17:15	General Gym 2	Tumbling & Tricks				4pm-6pm									4:30pm-5:30pm		Acro FIG	Tumbling Beginners	5pm-6pm	5pm-6pm	4pm-6pm	General Gym 2
17:30	5:15pm-6:15pm		5:15pm-6:15pm																			
18:00				Acro Junior & Youth	Acro FIG	Acro Junior & Youth	Acro CDC	Acro Junior & Youth	5:15pm-6:15pm	Acro FIG	Parkour 1											
18:15			Aerobics NAC, FIG & FND											6pm-8:30pm	4:30pm-8:30pm	5:30pm-8:30pm	6pm-8:30pm	6:15pm-8:15pm	6pm-8:30pm	Parkour 2		
18:30																						
19:00	Aerobics NAC, FIG & FND	Aerobics Development Squad & RAC																				
19:15			6:15pm-8:15pm	6pm-8:30pm	4:30pm-8:30pm	5:30pm-8:30pm	6pm-8:30pm	6:15pm-8:15pm	6pm-8:30pm													
19:30																						
20:00	6:30pm-8:30pm	6:30pm-8:30pm									7:15pm-8:15pm											
20:15																						
20:30																						

General Gym 1 Age 4-7 Years
 General Gym 2 Age 7+
 Tumbling Beg Age 7+

Tumbling & Tricks Age 6+
 Parkour Age 6+
 Aerobic Beginners Age 4+

Acro & Tumbling Fun Age 6+
 Pre-School 1 Walking -3 Years
 Pre-School 2 3-4 Years

Advanced GG Invite Only
 Acro Squads Invite Only
 Aerobic Squads Invite Only
 Tumbling Squads Invite Only