

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