

**MON TUES WED THURS FRI SAT SUN**

**AIRBORN ALLSTAR**  
CHEERLEADING  
PRETTY ANGELS  
(MINI LEVEL 1)  
AGES 5-8  
5:30PM-6:30PM  
£7.00

**AIRBORN ALLSTARS**  
CHEERLEADING  
FIREBIRDS  
YOUTH LEVEL 1  
6:30PM – 8:30PM  
AGES 7-11  
(PAYABLE MONTHLY IN  
ADVANCED)

**\*TUMBLING**  
AGE 7 TO ADULT  
ALL LEVELS  
6:00PM-7:15PM  
COST: £8

**\*TUMBLING**  
AGE 7-ADULT  
ALL LEVELS  
7:45PM-9:00PM  
COST: £8  
(OR £14 FOR BOTH)

**AIRBORN ALLSTARS**  
CHEERLEADING  
LADY HAWKS  
(SENIOR LEVEL 2)  
AGES 10+  
7:30PM-9:30PM  
(PAYABLE MONTHLY IN  
ADVANCED)

**OPEN GYM**  
ALL LEVELS WELCOME  
AGE 15+ / 8:15PM-  
9:45PM  
COST: £8 OR £5.50  
WITH NUS CARD

**GYM TOTS**  
AGE: 6 MONTHS - 5 YEARS  
2:00PM-3:00PM  
COST: £2 p/p

**PRO-OPEN AERIAL**  
AGE 18+ / 3PM-5PM  
COST: £9

**KIDS FREERUN  
BEGINNERS (STRUCTURED)**  
AGES 4-5 / 5PM – 6PM / COST £7

**KIDS FREERUN  
BEGINNERS (STRUCTURED)**  
AGES 6-10 / 5PM – 6:30PM / COST  
£8

**KIDS AERIAL SILK & HOOP**  
AGE 7-15  
5PM-6:30PM / COST: £9.50  
MAX PLACES: 12

**TRAMPOLINING**  
(AGE 8 - ADULT)  
5:30PM-7PM / COST: £6.50

**ADULTS AERIAL  
SILK & HOOP**  
AGE 16+ / 6:30PM-8PM  
COST: £11.50  
MAX PLACES: 12

**FIRST SQUAD 2.0**  
6:30PM – 8PM  
(MEMBERS ONLY)

**\*FREERUN  
ALL LEVELS (STRUCTURED)**  
AGES 11-15 / 6:30PM-8PM /  
COST: £8.00

**\*PARKOUR 101  
(SKILLS SPECIFIC)**  
EFFICIENCY | COORDINATION | BALANCE  
AGES 11+ / 8-9PM / £6  
(OR £12 FOR BOTH)

**TUMBLING**  
ALL LEVELS  
AGE 8+ / COST: £8.00  
8:00PM-9:30PM

**ADULTS ADVANCED SILKS**  
AGE 16+ / 8.00PM-9.30PM  
COST: £11.50  
MONTHLY BOOKING ONLINE ONLY

**KIDS FREERUN BEGINNERS  
(STRUCTURED)**  
AGES 4-5YRS / 5PM-6PM / COST £7

**KIDS FREERUN BEGINNERS  
(STRUCTURED)**  
AGES 6-10YRS / 5PM-6:30PM / COST £8

**AIRBORN ALLSTARS  
PHOENIX RISING – SENIOR LEVEL 2**  
AGES 8-14 / 5:30PM – 7:30PM  
(PAYABLE MONTHLY IN ADVANCED)

**KIDS FREERUN BEGINNERS  
(STRUCTURED)**  
AGE 11-15 / 6:30PM-8PM  
COST: £8

**OPEN GYM**  
ALL LEVELS WELCOME  
AGE 15+ / 8:00PM-9:30PM  
COST: £8 OR £5.50 WITH NUS CARD

**AIRBORN ALLSTARS  
WILD RAPTORS (SENIOR LEVEL 4.2)**  
7:30PM – 9:30PM  
AGES 10+

**FIRST SQUAD**  
5PM – 6:30PM  
(MEMBERS ONLY)

**FREERUN (STRUCTURED)**  
AGE 11-15  
5PM-6:30PM / COST: £8

**FAMILY FREERUN**  
AGES 5+ 5PM – 6:30PM  
\*COST £5.50 per person  
(Minimum of 2 people)\*

**TRAMPOLINING**  
AGES 8 – ADULT / 5:30PM – 7PM  
COST: £6.50 /  
BOOKING ON-LINE ADVISED

**KIDS OPEN GYM**  
AGE 11-15 / 6:30PM-8PM  
COST: £8

**TUMBLING**  
AGES 7 – ADULT  
7PM – 8:30PM / COST £8

**ADULT TRAMPOLINING**  
AGES 18 + / 8:00PM – 9.30PM  
COST: £6.50

**OPEN GYM**  
ALL LEVELS WELCOME  
AGE 15+ / 8:15PM – 9:45PM  
COST: £8  
OR £5.50 WITH NUS CARD

**KIDS FREERUN BEGINNERS  
(STRUCTURED)**  
AGES 4-5YRS / 5PM-6PM / COST £7

**KIDS FREERUN BEGINNERS  
(STRUCTURED)**  
AGES 6-10YRS / 5PM-6:30PM / COST  
£8

**NINJA MUMS**  
5:00-6:30PM / COST £8

**TUMBLING**  
AGES 10+  
MAX ATTENDEES 10  
BOOK ONLINE ONLY  
5:00PM – 6:30PM / COST £8

**FIRST SQUAD 2.0**  
6:30PM – 8:00PM  
(MEMBERS ONLY)

**\*FRIDAY NIGHT HYPE JAM  
BANDED ONLY.**  
AGE 11-15 / 6.30PM-9:00PM  
COST: £9

**GYM TOTS**  
AGE: 6 MONTHS - 5 YEARS  
09:15AM-10:15AM / COST: £2 p/p

**KIDS FREERUN  
BEGINNERS ONLY**  
AGES 4-5 / 10:30AM-11:30PM /  
COST: £7

**KIDS FREERUN  
BEGINNERS ONLY**  
AGES 6-10 / 10:30 – 12PM / COST: £8

**MINI JUMPERS:**  
12PM-1PM  
AGES 5-8YRS / COST £6

**FAMILY FREERUNNING**  
AGES 5+ 12PM – 1:30PM  
\*COST £5.50 per person  
(Minimum of 2 people)\*

**TRAMPOLINE / LEARN TO  
SOMERSAULT**  
AGES 8+ / 1PM-2PM / COST £6

**\*FREERUN CLASS (STRUCTURED)**  
AGE 11-15 / 2:30PM-4PM  
COST: £8

**\*GO FLOW  
(PARKOUR MULTI MOVEMENT)  
SKILL SPECIFIC**  
AGES 11+ / 4PM – 5PM  
COST: £6  
(OR £14 FOR BOTH)

**\*TUMBLING**  
ALL LEVELS (AGE 7-ADULT)  
2PM-3:30PM / COST: £8

**\*TUMBLING**  
ALL LEVELS (AGE 7-ADULT)  
3:30PM - 5.00PM / COST: £8  
(OR £14 FOR BOTH)

**TRICKING**  
AGES 8 – ADULT / 5:00PM – 6.30PM  
COST: £7

**FIRST SQUAD**  
5:00PM – 6:30PM  
(MEMBERS ONLY)

**ADULT OPEN GYM**  
ALL LEVELS WELCOME  
AGE 16+ / 6:30PM-9:30PM  
NUS DOES NOT APPLY TO THIS SESSION

**GYM TOTS**  
AGE: 6 MONTHS - 5 YEARS  
09:00AM-10:00.AM /COST: £2 p/p

**GYMNASTICS**  
10:00AM – 11:30AM / AGES 5-10  
£7.50

**KIDS FREERUN (STRUCTURED)**  
AGES 4-5 / 10:00AM-11:00AM  
COST £7

**KIDS FREERUN (STRUCTURED)**  
AGES 6-10 / 10:00AM – 11:30AM  
COST £8

**FREERUN  
WHITE BAND ONLY**  
AGE N/A / 11:30AM – 1PM  
COST: £8

**FREERUN  
BLUE BAND ONLY**  
AGE N/A / 11:30AM – 1PM  
MAX ATTENDEES 12 / COST: £8

**TRAMPOLINING  
(AGE 8-ADULT)**  
11.30AM-1.00PM / COST: £6.50

**\*PARKOUR JUMPS SPECIFIC**  
AGES 11+ / 1PM-2PM  
COST £6

**\*PARKOUR  
HIGH VOLAGE (VAULTS SPECIFIC)**  
AGES 11+ / 2PM-3PM  
COST: £6  
(OR £10 FOR BOTH)

**FAMILY FREERUN**  
AGES 5+  
3PM – 4:30PM \*COST £5.50 per person  
(Minimum of 2 people)\*

**KIDS OPEN GYM  
"BANDED ONLY"**  
AGE 11-15 / 3PM-4:30PM  
COST: £8


**ADULT PARKOUR  
VAULTS SPECIFIC**  
AGES ADULT / 4PM-5PM  
COST: £6

**ADULT FREERUN (STRUCTURED)  
& OPEN GYM**  
AGE 16+ / 4:30PM-7:30PM  
COST: £10  
NUS DOES NOT APPLY TO THIS SESSION

**TUMBLE CAMP**  
3<sup>RD</sup> SUNDAY OF THE MONTH  
AGES 10+ / 4:30 – 7:30PM  
ALL LEVELS WELCOME  
£12

**OPEN CHEER LAST SUNDAY OF THE  
MONTH.**  
4:30PM – 8:30PM (AGES 7+)  
COST £10

MULTI BUY OFFER \*



**nus discount available here**

MULTI BUY OFFER AVAILABLE TO ONLY SESSIONS MARKED \* THAT RUN BACK TO BACK

FIRST SQUAD DISCOUNT ON HYPE JAM £4.50 & PARKOUR 101 £5  
FIRST SQUAD OPEN GYM SESSION 1ST SUNDAY OF EVERY MONTH | 4:30PM-7:30PM | £10

ALL GRADINGS FIRST SATURDAY OF EVERY MONTH 12PM BOOK ONLINE

WE STRONGLY ADVISE YOU BOOK ONLINE TO ANY CLASS TO ENSURE A PLACE.  
WE WORK ON A FIRST COME FIRST SERVED BASIS.

WWW.AIRBORNACADEMY.COM