

**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

**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 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**  
AGE 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 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

**TRAMPOLINING: ADVANCED GREEN BAND**  
12PM-1:30PM  
COST £6.50

**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)

**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

**FREERUN (STRUCTURED) AGES 11-15YRS / 1:30PM – 3PM**

**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

PARTIES: WEEKDAYS 4PM – 5.30PM / WEEKENDS 12PM – 2:00PM

FIRST SQUAD DISCOUNT ON HYPE JAM £4.50

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.

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