

MON	TUES	WED	THURS	FRI	SAT	SUN
AIRBORN ALLSTARS CHEERLEADING BABY HAWKS (TINY PREP) 5:30PM-6:30PM (PAYABLE MONTHLY IN ADVANCE)	GYM TOTS AGE: 6 MONTHS - 5 YEARS 2:00PM-3:00PM COST: £3.00 p/p	AIRBORN ALLSTARS HUNTRESS {JUNIOR 3} AGES 8-14 / 5:30PM – 7:30PM (PAYABLE MONTHLY IN ADVANCE)	FREERUNNING (STRUCTURED) AGE 11-15/ 5PM-6:30PM / COST: £9.00	TUMBLING AGES 10+ MAX ATTENDEES 20 BOOK ONLINE ONLY 5:00PM – 6:30PM / COST £9.00	GYM TOTS AGE: 6 MONTHS - 5 YEARS 09:15AM-10:15AM / COST: £3.00 p/p	GYM TOTS AGE: 6 MONTHS - 5 YEARS 09:00AM-10:00AM / COST: £3.00 p/p
AIRBORN ALLSTAR CHEERLEADING PRETTY ANGELS (MINI PREP) 5:30PM-6:30PM	PRO-OPEN AERIAL AGE 18+ / 3PM-5PM COST: £10.50	*CHEER TUMBLING AGES 5+ / 6PM-7:30PM / £9.00	KIDS OPEN GYM *BANDED ONLY AGE 11-15 / 6:30PM-8PM / £9.00	KIDS FREERUNNING BEGINNERS (STRUCTURED) AGES 6-10YRS / 5PM-6:30PM / COST £9.00	KIDS FREERUNNING BEGINNERS ONLY AGES 4-5 / 10:30AM-11:30PM / COST: £8.00 AGES 6-10 / 10:30 – 12PM / COST: £9.00	GYMNASTICS 10:00AM – 11:30AM / AGES 5-10 £9.00
AIRBORN ALLSTARS CHEERLEADING FIREBIRDS YOUTH LEVEL 1 6:30PM – 8:30PM AGES 7-11 (PAYABLE MONTHLY IN ADVANCE)	KIDS FREERUNNING BEGINNERS (STRUCTURED) AGES 6-10 / 5PM – 6:30PM COST £9.00	*CHEER TUMBLING AGES 5+ / 8PM-9:30PM / £9.00 OR £14 FOR BOTH	TUMBLING AGES 7+ / 7PM-8:30PM / £9.00	TRICKING (4 WEEK TASTER) AGES 8+ 8PM-9:00PM @ £20 monthly £8 drop-in	TRAMPOLINING AGES 8+ / 12PM-1:30PM £8.00	KIDS FREERUNNING (STRUCTURED) AGES 4-5 / 10:00AM-11:00AM COST £8.00 AGES 6-10 / 10:00AM – 11:30AM COST £9.00
AIRBORN ALLSTARS CHEERLEADING YOUTH LEVEL 1 6:30PM – 8:30PM AGES 7-11 (PAYABLE MONTHLY IN ADVANCE)	KIDS AERIAL SILK & HOOP AGE 7-15 5PM-6:30PM / COST: £10.50 MAX PLACES: 12	AIRBORN ALLSTARS CHEERLEADING ALD BIRDS MASTERS TEAM 7:30PM-9:00PM (PAYABLE MONTHLY IN ADVANCE)	OPEN GYM Tricking / Parkour / Tumbling AGE 15+ / 8:15PM – 9:45PM / £9.00	TRICKING (4 WEEK TASTER) AGES 8+ 8PM-9:00PM @ £20 monthly £8 drop-in	FAMILY FREERUNNING AGES 5+ 12PM – 1:30PM *COST £6.50 per person (Minimum of 2 people)*	FREERUNNING BANDED ONLY AGE N/A / 11:30AM – 1PM / COST: £9.00
*TUMBLING AGE 7 TO ADULT ALL LEVELS 6:00PM-7:15PM COST: £9.00	TRAMPOLINING (AGE 8 - ADULT) 5:30PM-7PM / COST: £8.00	AIRBORN ALLSTARS WILD RAPTORS (SENIOR COED 4) 7:30PM – 9:30PM AGES 10+ (PAYABLE MONTHLY IN ADVANCE)	ADULT TUMBLING Structured 16+ / 8:15PM-9:45PM / COST: £9.00	OPEN GYM (non structured) AGES 11+ 6:30PM – 9:00PM COST £10.00 (Must have prior experience)	*TEENS FREERUNNING AGE 11-15 / 2:30PM-4PM COST: £9.00	TRAMPOLINING (AGE 8-ADULT) 11.30AM-1:00PM / COST: £8.00
*TUMBLING AGE 7-ADULT ALL LEVELS 7:45PM-9:00PM COST:£9.00 OR £15 FOR BOTH	*ADULTS AERIAL SILKS & HOOP AGE 16+ / 6:30PM-8PM COST: £12.50 MAX PLACES: 12	MULTI BUY OFFER * NUS discount available here	MULTI BUY OFFER MARKED *	OPEN GYM AGES 11+ 6:30PM – 9:00PM COST £10.00 (Must have prior experience)	*GO FLOW STRUCTURE & OPEN AGES 11+ / 4PM – 5PM COST: £8.00 (OR £15 FOR BOTH)	AIRBORN ALLSTARS PHOENIX RISING {SENIOR 1} AGES 8-14 / 12:30PM – 2:30PM (PAYABLE MONTHLY IN ADVANCE)
AIRBORN ALLSTARS CHEERLEADING LADY HAWKS (SENIOR LEVEL 2) AGES 10+ 7:30PM-9:30PM (PAYABLE MONTHLY IN ADVANCE)	*ADULTS AERIAL OPEN (MUST HAVE EXPERIENCE) 8-9PM / COST £8.50 * MULTIBUY ADULTS & OPEN £16	WEEKDAYS / 4pm – 5.30pm / £10.00 pp (max 24 kids) SATURDAYS / 12pm – 2pm / £11.50 pp (max 24 kids) SUNDAYS / 10.30am – 12:30pm / £11.50 pp (max 15 kids)	PARTIES	TRICKING (4 WEEK TASTER) AGES 8+ 8PM-9:00PM @ £20 monthly £8 drop-in	KIDS FREERUNNING BEGINNERS (STRUCTURED) AGES 6-10YRS / 4PM-5:30PM / COST £9.00	AIRBORN ALLSTARS HALO {YOUTH 2} AGES 8-14 / 2:30PM – 4:30PM (PAYABLE MONTHLY IN ADVANCE)
OPEN GYM ALL LEVELS WELCOME / 8:15PM-9: 45PM COST: £9.00 OR £6.50 WITH NUS CARD (RESTRICTED SPACING)	*ADULTS AERIAL OPEN (MUST HAVE EXPERIENCE) 8-9PM / COST £8.50 * MULTIBUY ADULTS & OPEN £16	HIRE OF DANCE STUDIO £12.00 (Single use of dance floor £3.50)	ALL GRADINGS EVERY SATURDAY / 12:00pm	TRICKING (4 WEEK TASTER) AGES 8+ 8PM-9:00PM @ £20 monthly £8 drop-in	*TUMBLING ALL LEVELS (AGE 7-ADULT) 2PM – 3:30PM / COST: £9.00	FREERUNNING (STRUCTURED) AGES 11-15YRS / 1:30PM – 3PM / £9.00 AGES 6-10YRS / 1:30PM-3PM / COST £9.00
OPEN GYM ALL LEVELS WELCOME / 8:15PM-9: 45PM COST: £9.00 OR £6.50 WITH NUS CARD (RESTRICTED SPACING)	*ADULTS AERIAL OPEN (MUST HAVE EXPERIENCE) 8-9PM / COST £8.50 * MULTIBUY ADULTS & OPEN £16	TEAM ESCAPE OPEN SESSION / 1st SUNDAY OF THE MONTH / 4:30 - 7:30pm / £10	ALL GRADINGS EVERY SATURDAY / 12:00pm	TRICKING (4 WEEK TASTER) AGES 8+ 8PM-9:00PM @ £20 monthly £8 drop-in	*TUMBLING ALL LEVELS (AGE 7-ADULT) 2PM – 3:30PM / COST: £9.00	AIRBORN ALLSTARS SKYFALL {SENIOR AG 4.2} / 12:30PM – 2:30PM (PAYABLE MONTHLY IN ADVANCE)
OPEN GYM ALL LEVELS WELCOME / 8:15PM-9: 45PM COST: £9.00 OR £6.50 WITH NUS CARD (RESTRICTED SPACING)	*ADULTS AERIAL OPEN (MUST HAVE EXPERIENCE) 8-9PM / COST £8.50 * MULTIBUY ADULTS & OPEN £16	OPEN CHEER / LAST SUNDAY OF THE MONTH / 4:30-8:30pm / AGE 7+ / £10.00	ALL GRADINGS EVERY SATURDAY / 12:00pm	TRICKING (4 WEEK TASTER) AGES 8+ 8PM-9:00PM @ £20 monthly £8 drop-in	*TUMBLING ALL LEVELS (AGE 7-ADULT) 2PM – 3:30PM / COST: £9.00	AIRBORN ALLSTARS FALCON FURY {SENIOR 3} / 2:30PM – 4:30PM (PAYABLE MONTHLY IN ADVANCE)
OPEN GYM ALL LEVELS WELCOME / 8:15PM-9: 45PM COST: £9.00 OR £6.50 WITH NUS CARD (RESTRICTED SPACING)	*ADULTS AERIAL OPEN (MUST HAVE EXPERIENCE) 8-9PM / COST £8.50 * MULTIBUY ADULTS & OPEN £16	TUMBLE CAMP / 2nd SUNDAY OF THE MONTH / 4:30-7:30pm / AGE 10+ / £12.50	ALL GRADINGS EVERY SATURDAY / 12:00pm	TRICKING (4 WEEK TASTER) AGES 8+ 8PM-9:00PM @ £20 monthly £8 drop-in	*TUMBLING ALL LEVELS (AGE 7-ADULT) 2PM – 3:30PM / COST: £9.00	FAMILY FREERUNNING / AGES 5+ 3PM – 4:30PM *COST £6.50 per person (Minimum of 2 people)*
OPEN GYM ALL LEVELS WELCOME / 8:15PM-9: 45PM COST: £9.00 OR £6.50 WITH NUS CARD (RESTRICTED SPACING)	*ADULTS AERIAL OPEN (MUST HAVE EXPERIENCE) 8-9PM / COST £8.50 * MULTIBUY ADULTS & OPEN £16	ALL GRADINGS EVERY SATURDAY / 12:00pm	ALL GRADINGS EVERY SATURDAY / 12:00pm	TRICKING (4 WEEK TASTER) AGES 8+ 8PM-9:00PM @ £20 monthly £8 drop-in	*TUMBLING ALL LEVELS (AGE 7-ADULT) 2PM – 3:30PM / COST: £9.00	KIDS OPEN GYM 'BANDED ONLY' AGE 11-15 / 3PM-4:30PM / COST: £9.00
OPEN GYM ALL LEVELS WELCOME / 8:15PM-9: 45PM COST: £9.00 OR £6.50 WITH NUS CARD (RESTRICTED SPACING)	*ADULTS AERIAL OPEN (MUST HAVE EXPERIENCE) 8-9PM / COST £8.50 * MULTIBUY ADULTS & OPEN £16	TEAM ESCAPE OPEN SESSION / 1st SUNDAY OF THE MONTH / 4:30 - 7:30pm / £10	ALL GRADINGS EVERY SATURDAY / 12:00pm	TRICKING (4 WEEK TASTER) AGES 8+ 8PM-9:00PM @ £20 monthly £8 drop-in	*TUMBLING ALL LEVELS (AGE 7-ADULT) 2PM – 3:30PM / COST: £9.00	*ADULT FREERUNNING (STRUCTURED) & OPEN GYM AGE 16+ / 4:30PM-7:30PM COST: £11.00
OPEN GYM ALL LEVELS WELCOME / 8:15PM-9: 45PM COST: £9.00 OR £6.50 WITH NUS CARD (RESTRICTED SPACING)	*ADULTS AERIAL OPEN (MUST HAVE EXPERIENCE) 8-9PM / COST £8.50 * MULTIBUY ADULTS & OPEN £16	OPEN CHEER / LAST SUNDAY OF THE MONTH / 4:30-8:30pm / AGE 7+ / £10.00	ALL GRADINGS EVERY SATURDAY / 12:00pm	TRICKING (4 WEEK TASTER) AGES 8+ 8PM-9:00PM @ £20 monthly £8 drop-in	*TUMBLING ALL LEVELS (AGE 7-ADULT) 2PM – 3:30PM / COST: £9.00	*ADULT FREERUNNING (STRUCTURED) & OPEN GYM AGE 16+ / 4:30PM-7:30PM COST: £11.00
OPEN GYM ALL LEVELS WELCOME / 8:15PM-9: 45PM COST: £9.00 OR £6.50 WITH NUS CARD (RESTRICTED SPACING)	*ADULTS AERIAL OPEN (MUST HAVE EXPERIENCE) 8-9PM / COST £8.50 * MULTIBUY ADULTS & OPEN £16	TUMBLE CAMP / 2nd SUNDAY OF THE MONTH / 4:30-7:30pm / AGE 10+ / £12.50	ALL GRADINGS EVERY SATURDAY / 12:00pm	TRICKING (4 WEEK TASTER) AGES 8+ 8PM-9:00PM @ £20 monthly £8 drop-in	*TUMBLING ALL LEVELS (AGE 7-ADULT) 2PM – 3:30PM / COST: £9.00	*ADULT FREERUNNING (STRUCTURED) & OPEN GYM AGE 16+ / 4:30PM-7:30PM COST: £11.00



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