

**MON**

**\*TUMBLING**

AGE 7 TO ADULT  
ALL LEVELS  
6:00PM-7:15PM  
£9.00

**\*TUMBLING**

AGE 7-ADULT  
ALL LEVELS  
7:45PM-9:00PM  
£9.00

**OPEN GYM**

ALL LEVELS  
8:15PM-9:45PM  
£9.00 OR £6.50 WITH  
NUS CARD  
**(RESTRICTED SPACING)**

**TUE**

**GYM TOTS**

AGE: 6 MONTHS - 5 YEARS  
2:00PM-3:00PM  
£3.00 p/p

**PRO-OPEN AERIAL**

AGE 18+ / 3PM-5PM  
£10.50

**TODDLER FREERUN**

AGES 4-5 / 5PM - 6PM  
£8.00

**KIDS FREERUN**

AGES 6-10 / 5PM - 6:30PM  
£9.00

**KIDS AERIAL SILK & HOOP**

AGE 7-15  
5PM-6:30PM / £10.50

**TRAMPOLINING**

(AGE 8 - ADULT)  
5:30PM-7PM / £8.00

**\*ADULTS AERIAL  
SILKS & HOOP**

AGE 16+ / 6:30PM-8PM  
£12.50  
MAX PLACES: 12

**\*ADULTS AERIAL OPEN**

(MUST HAVE EXPERIENCE)  
8-9PM / £8.50

**\* MULTIBUY £16**

**TEEN FREERUNNING**

AGES 11-15  
6:30PM-8PM  
£9.00

**ADULT TRAMPOLINING**

(AGE 18+)  
7:30PM-9PM / £8.00

**\*PARKOUR 101**

AGES 11+ / 8PM-9PM  
£8.00

**\*(or £14 for both)**

**TUMBLING**

AGE 8+ / £9.00  
8:00PM-9:30PM

**WED**

**\*CHEER TUMBLING**

ALL LEVELS  
AGES 5+  
6PM-7:30PM  
£9.00

**\*CHEER TUMBLING**

ALL LEVELS  
AGES 5+  
8PM-9:30PM  
£9.00

**THU**

**TEEN FREERUN  
(STRUCTURED)**

AGE 11-15  
5PM-6:30PM  
£9.00

**KIDS OPEN GYM**

**\*BANDED ONLY**  
AGE 11-15  
6:30PM-8PM  
£9.00

**TUMBLING**

ALL LEVELS  
AGES 7+  
7PM-8:30PM  
£9.00

**OPEN GYM**

AGE 15+  
8:15PM - 9:45PM  
£9.00

**ADULT TUMBLING**

**Structured**  
16+  
8:15PM-9:45PM  
£9.00

**FRI**

**TUMBLING**

ALL LEVELS  
AGES 10+  
BOOK ONLINE  
5:00PM - 6:30PM  
£9.00

**KIDS FREERUN  
(STRUCTURED)**

AGES 6-10YRS 5PM-  
6:30PM  
£9.00

**TRICKING  
(4 WEEK TASTER)**

AGES 8+  
8PM-9:00PM  
£20 monthly  
£8 drop-in

**OPEN GYM**

AGES 11+  
6:30PM - 9:00PM  
£10.00

**SAT**

**GYM TOTS**

AGE: 6 MONTHS - 5 YEARS  
09:15AM-10:15AM  
£3.00 p/p

**TODDLER FREERUN**

AGES 4-5  
10:30AM-11:30PM  
£8.00

**KIDS FREERUN**

AGES 6-10  
10:30 - 12PM  
£9.00

**TRAMPOLINING**

AGES 8+ / 12PM-1:30PM  
£8.00

**FAMILY FREERUN**

AGES 5+  
12PM - 1:30PM  
£6.50 per person  
(Min of 2 people)\*

**\*TEEN FREERUN**

AGE 11-15  
2:30PM-4PM  
£9.00

**GO FLOW  
STRUCTURE & OPEN**

AGES 11+  
4PM - 5PM  
£8.00

**KIDS FREERUN  
(STRUCTURED)**

AGES 6-10YRS  
4PM-5:30PM  
£9.00

**\*TUMBLING**

AGE 7+  
2PM - 3:30PM  
3:30PM - 5.00PM  
£9.00 p/s

**ADULT OPEN GYM**

AGE 16+ /  
6:30PM-9:30PM  
£11.00

**SUN**

**GYM TOTS**

AGE: 6 MONTHS - 5 YEARS  
09:00AM-10:00.AM  
£3.00 p/p

**GYMNASTICS**

10:00AM - 11:30AM  
AGES 5-10  
£9.00

**TODDLER FREERUN  
(STRUCTURED)**

AGES 4-5  
10:00AM-11:00AM  
£8.00

**KIDS FREERUN**

AGES 6-10  
10:00AM - 11:30AM  
£9.00

**KIDS FREERUN  
BANDED ONLY**

AGE N/A  
11:30AM-1PM / £9.00

**TRAMPOLINING**

(AGE 8-ADULT)  
11.30AM-1:00PM / £8.00

**TEEN FREERUN  
(STRUCTURED)**

AGES 11-15YRS  
1:30PM - 3PM/ £9.00

**KIDS FREERUN**

AGES 6-10YRS / 1:30PM-  
3PM £9.00

**FAMILY FREERUN**

AGES 5+  
3PM - 4:30PM / £6.50 p/p  
(Min of 2 people)\*

**TEEN OPEN GYM  
'BANDED ONLY'**

AGE 11-15 / 3PM-4:30PM  
£9.00

**\*ADULT FREERUN  
STRUCTURE & OPEN GYM**

AGE 16+ / 4:30PM-7:30PM  
£11.00



**OPENING TIMES**

**Term Time**

Mon-Fri: 16:30 - 21:30  
Sat: 10:00 - 21:30  
Sun 10:00 - 19:30

**HIRE OF DANCE SPACE  
GROUP £12 / SINGLE £3.50**

**TEAM ESCAPE OPEN GYM  
1<sup>ST</sup> SUNDAY OF THE MONTH  
4:30-7:30PM / £10.00**

**OPEN CHEER  
LAST SUNDAY OF THE MONTH  
4:30PM-8:30PM / £10.00**

**TUMBLE CAMP  
2<sup>ND</sup> SUNDAY OF THE MONTH  
4:30PM-7:30PM / £12.50**

**AIR5CORPS TRAINING  
1<sup>ST</sup> & 3<sup>RD</sup> SUNDAY  
4:30PM-8:30PM**

**PARTIES  
WEEKDAYS / 4PM-5:30PM  
SATURDAY / 12PM-2PM  
SUNDAY / 10:30AM-12:30PM**

**\*ALL TUMBLE CLASSES  
£15.00 BACK 2 BACK**

For more information please  
contact us on the below.

0151 345 6112