



MON	TUE	WED	THU	FRI	SAT	SUN
<p>*TUMBLING AGE 7 TO ADULT ALL LEVELS 6:00PM-7:15PM £9.00</p> <p>*TUMBLING AGE 7-ADULT ALL LEVELS 7:45PM-9:00PM £9.00</p> <p>OPEN GYM ALL LEVELS 8:15PM-9:45PM £9.00 OR £6.50 WITH NUS CARD (RESTRICTED SPACING)</p>	<p>GYM TOTS AGE: 6 MONTHS - 5 YEARS 2:00PM-3:00PM £3.00 p/p</p> <p>PRO-OPEN AERIAL AGE 18+ / 3PM-5PM £10.50</p> <p>TUMBLING AGE 8+ / £9.00 5:00PM-6:30PM</p> <p>FREERUNNING (STRUCTURED) AGES 6-15 5PM - 6:30PM / £9.00</p> <p>KIDS AERIAL SILK & HOOP AGE 7-15 5PM-6:30PM / £10.50</p> <p>TRAMPOLINING (AGE 8 - ADULT) 5:30PM-7PM / £8.00</p> <p>*ADULTS AERIAL SILKS & HOOP AGE 16+ / 6:30PM-8PM £12.50 MAX PLACES: 12</p> <p>*ADULTS AERIAL OPEN (EXPERIENCE ESSENTIAL) 8-9PM / £8.50 * MULTIBUY £16</p> <p>TEEN FREERUNNING (STRUCTURED) AGES 11-15 6:30PM-8PM / £9.00</p> <p>OPEN GYM ALL LEVELS 8:00PM-9:30PM £9.00 OR £6.50 WITH NUS CARD (RESTRICTED SPACING)</p>	<p>*CHEER TUMBLING ALL LEVELS AGES 5+ 6PM-7:30PM £9.00</p> <p>*CHEER TUMBLING ALL LEVELS AGES 5+ 8PM-9:30PM £9.00</p>	<p>FREERUNNING (STRUCTURED) AGE 6-15 5PM-6:30PM £9.00</p> <p>KIDS OPEN GYM *BANDED ONLY AGE 10+ 6:30PM-8PM £9.00</p> <p>TUMBLING ALL LEVELS AGES 7+ 7PM-8:30PM £9.00</p> <p>ADULT TUMBLING STRUCTURED 16+ 8:15PM-9:45PM £9.00</p> <p>OPEN GYM AGE 15+ 8:15PM - 9:45PM £9.00</p>	<p>TUMBLING ALL LEVELS AGES 10+ 5:00PM - 6:30PM £9.00</p> <p>FREERUNNING (STRUCTURED) AGES 6-15YRS 5PM-6:30PM £9.00</p> <p>OPEN GYM AGES 11+ 6:30PM - 9:00PM £10.00</p>	<p>GYM TOTS AGE: 6 MONTHS - 5 YEARS 09:15AM-10:15AM £3.00 p/p</p> <p>KIDS FREERUNNING AGES 4-5 10:30AM-11:30PM / £8.00</p> <p>FREERUNNING (STRUCTURED) AGES 6-15 10:30AM - 12PM / £9.00</p> <p>AIRBOUNCE AGES 8+ 12PM-1:30PM / £8.00</p> <p>FAMILY FREERUN AGES 5+ 12PM - 1:30PM £6.50 per person (Min of 2 people)*</p> <p>FREERUNNING (STRUCTURED) AGE 6-15 2:30PM-4PM & 4PM-5:30PM £9.00 *MULTIBUY £15 FOR BOTH</p> <p>*TUMBLING AGE 7+ 2PM - 3:30PM & 3:30PM - 5.00PM £9.00 p/s *MULTIBUY £15 FOR BOTH</p> <p>ADULT OPEN GYM AGE 16+ 6:30PM-9:30PM / £11.00</p>	<p>GYM TOTS AGE: 6 MONTHS - 5 YEARS 09:00AM-10:00.AM £3.00 p/p</p> <p>TINY TUMBLES 10:00AM - 11:00AM AGES 3-6 / £6.50</p> <p>KIDS FREERUNNING AGES 4-5 10:00AM-11:00AM / £8.00</p> <p>FREERUNNING BEGINNERS ONLY AGES 6-15 10:00AM - 11:30AM /£9.00</p> <p>KIDS FREERUN BANDED ONLY AGE 10+ 11:30AM-1PM / £9.00</p> <p>AIRBOUNCE (AGE 8-ADULT) 11.30AM-1:00PM / £8.00</p> <p>FREERUNNING (STRUCTURED) AGES 6-10YRS 1:30PM-3PM / £9.00</p> <p>TEEN OPEN GYM "BANDED ONLY" AGE 11-15 3PM-4:30PM / £9.00</p> <p>*ADULT FREERUNNING STRUCTURED AGE 16+ 4:30PM-6PM / £9.00</p> <p>*ADULT OPEN GYM AGE 16+ 6PM-7:30PM / £9.00 *MULTIBUY £11 FOR BOTH</p>

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**

**TEAM ESCAPE OPEN GYM
1ST SATURDAY OF THE
MONTH 6:30-9:30PM**

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

**TUMBLE CAMP
2ND SUNDAY OF THE MONTH
4:30PM-7:30PM / £12.00**

**AIR5CORPS TRAINING
1ST & 3RD 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

*CLASSES FROM
4:30PM ARE
CANCELLED LAST
SUNDAY OF THE
MONTH DUE TO
OPEN CHEER