



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

OPEN CHEERLEADING  
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 / £12.00

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

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