



WEEKLY TIMETABLE

SUBJECT TO CHANGE, ALWAYS CHECK THE APP

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
KIDS PARKOUR BEGINNERS 5PM-6:15PM AGE 6-15	SEN SESSION 4PM-5PM AGE 5-10	KIDS PARKOUR 5PM-6:15PM AGE 6-15	SEN SESSION 4PM-5PM AGE 11-17	KIDS PARKOUR 5PM-6:15PM AGE 6-15	KIDS PARKOUR BEGINNERS 10AM-11:15AM AGE 6-15	GYM TOTS 9AM-10AM AGE 1-5YRS
KIDS TUMBLING BEGINNERS 5PM-6:15PM AGE 6-15	KIDS PARKOUR 5PM-6:15PM AGE 6-15	KIDS TUMBLING BEGINNERS 5PM-6:15PM AGE 6-15	FREERUNNER PROGRAMME 5PM-7PM AGE 10-16	KIDS TUMBLING BEGINNERS 5PM-6:15PM AGE 6-15	TODDLER PARKOUR 10AM-11:00AM AGE 4-5	KIDS PARKOUR BEGINNERS 10AM-11:15AM AGE 6-15
KIDS TUMBLING INTERMEDIATES 5PM-6:15PM AGE 6-15	KIDS TUMBLING BEGINNERS 5PM-6:15PM AGE 6-15	KIDS TUMBLING INTERMEDIATES 5PM-6:15PM AGE 6-15	KIDS AERIAL SILK & HOOP 5:30PM-6:45PM AGE 8-15	KIDS TUMBLING INTERMEDIATES 5PM-6:15PM AGE 6-15	TINY TUMBLES 10:00AM-11:00AM AGE 4-5	TODDLER PARKOUR 10AM-11:00AM AGE 6-15
DANCE ACRO MIXED ABILITY 5PM-6:15PM AGE 6-15	KIDS TUMBLING INTERMEDIATES 5:00PM-6:15PM AGE 6-15	KIDS TUMBLING ADVANCED 5PM-6:15PM AGE 6-15	KIDS TUMBLING BEGINNERS 7:15PM-8:30PM AGE 6-15	KIDS TUMBLING ADVANCED 5PM-6:15PM AGE 6-15	KIDS PARKOUR BEGINNERS 11:30AM-12:45PM AGE 6-15	KIDS TUMBLING ADVANCED 10:00AM-11:15AM AGE 6-15
KIDS TUMBLING ADVANCED 6:30PM-7:45PM AGE 6-15	OPEN TRAMPOLINE 5PM-6:15PM AGE 8-15	DANCE ACRO INTR/ADV 6:30PM-7:45PM AGE 11-15	KIDS TUMBLING INTERMEDIATES 7:15PM-8:30PM AGE 6-15	OPEN GYM (AGE 12+) 6:30PM-8:30PM	KIDS TUMBLING BEGINNERS 11:30AM-12:45PM AGE 6-15	KIDS TRAMPOLINE STRUCTURED 11:30AM-12:45PM AGE 6-15
KIDS PARKOUR BEGINNERS 6:30PM-7:45PM AGE 6-15	KIDS TUMBLING INTERMEDIATES 6:30PM-7:45PM AGE 6-15	OPEN GYM (AGE 12+) 6:30PM-7:45PM	KIDS TUMBLING INTERMEDIATES PLUS 7:15PM-8:30PM AGE 6-15		KIDS PARKOUR INTERMEDIATES 1:00PM-2:15PM AGE 6-15	KIDS PARKOUR ADVANCED 11:30AM-12:45PM AGE 6-15
	KIDS TUMBLING ADVANCED 6:30PM-7:45PM AGE 6-15		KIDS TUMBLING ADVANCED 7:15PM-8:30PM AGE 6-15		KIDS TUMBLING INTERMEDIATES 1:00PM-2:15PM AGE 6-15	KIDS TUMBLING INTERMEDIATES 11:30AM-12:45PM AGE 6-15
	KIDS TUMBLING ADVANCED PLUS 6:30PM-7:45PM AGE 6-15		KIDS TUMBLING ADVANCED PLUS INVITE ONLY 7:15PM-8:30PM AGE 6-15		KIDS TUMBLING ADVANCED 2:30PM-3:45PM AGE 6-15	KIDS TUMBLING ADVANCED 11:30AM-12:45PM AGE 6-15
	ADULT AERIAL SILK & HOOP 6:30PM-8:00PM AGE 16+		ADULT TUMBLING 8:30PM-9:45PM AGE 16+		OPEN GYM (AGE 12+) 2:30PM-3:45PM	KIDS TRAMPOLINE STRUCTURED 12:45PM-2:00PM AGE 8-15
	ADULT TUMBLING 8:15PM-9:30PM AGE 16+		OPEN GYM (AGE 16+) 8:30PM-9:45PM			OPEN GYM (AGE 12+) 2:00PM-5:00PM
	OPEN GYM (AGE 16+) 8:15PM-9:30PM					DANCE ACRO OPEN (AGE 12+) 2:00PM-5:00PM