

Recreational Timetable

Sessions run for 60 minutes

5-7 year Old's Gymnastics Session

Monday 3:30 pm (Girls)
Monday 3:30 pm (Boys)
Tuesday 3:30 pm (Boys)
Wednesday 3:30 pm (Girls)
Wednesday 4:00 pm (Girls)
Wednesday 4:30 pm (Girls)
Thursday 3:30 pm (Girls)
Thursday 3:30 pm (Boys)
Thursday 4:00 pm (Girls)
Friday 3:30 pm (Girls)
Friday 3:30 pm (Boys)
Friday 4:00 pm (Girls)
Saturday 2:30 pm (Girls)
Saturday 3:30 pm (Girls)

7-8 year Old's Gymnastics Session

Tuesday 3:40-4:40 pm

Friday 3:30 pm (Boys)

8-9 year Old's Gymnastics Session

Monday 4:00 pm (Girls)
Tuesday 4.40-5.40pm (9-10yrs (girls)
Wednesday 3:30 pm (Boys)
Wednesday 5:30 pm (Girls)
Thursday 3.30pm (Boys) Thursday
4:30 pm (Girls) Friday 4:00 pm
(Girls) Friday 4:30 pm (Girls) Friday
5:00 pm (Girls) Saturday 3:30 pm
(Girls)

Springers

For 6- 7 year old Girls

Thursday 3.30-4.30 pm

A hybrid class using floor bar and
double mini trampoline

10+ year Old's Gymnastics Session

Tuesday 5:00 pm (Girls)
Wednesday 5:30 pm (Girls)
Wednesday 6:00 pm (Girls)
Friday 5:30pm (Girls)
Friday 6.30pm (Boys)