

Pre School Sessions – Ages 3-5

NON MEMBERS WELCOME

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-----------|--------------|--------------|----------------|--------------|--------------|---------------|
| Programme | 12:30-1:00pm | 12:30-1:00pm | 12:30-1:00pm | 12:30-1:00pm | 12:30-1:00pm | 9:00-9:30am |
| Zoom | | | | | | |
| Sessions! | 4:00-4:30pm | 4:00-4:30pm | 4:15-4:45pm | | | 10:45-11:15am |
| Workshops | | | GymFit | | Games | |
| & Games! | | | Ages 7 & under | | 3:00-3.30pm | |
| | | | 2:30-3:00pm | | | |
| | | | | | Fancy dress | |
| | | | | | Funky Friday | |
| | | | | | Ages 3+ | |
| | | | | | 5:45-6:15pm | |



Recreational / Beginners Gymnastics - Ages 4-6

NON MEMBERS WELCOME

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-----------|-------------|---------------------------|----------------------------|-------------|---------------------|---------------|
| Programme | 1:00-1:30pm | 1:00-1:30pm | 1:00-1:30pm | 1:00-1:30pm | 1:00-1:30pm | 9:30-10:00am |
| Zoom | | | | | | |
| Sessions! | 4:30-5:00pm | 4:30-5:00pm | 4:45-5:15pm | 4:15-4:45pm | | 11:15-11:45am |
| Workshops | | Workshop – | GymFit | Boxercise | Games | |
| & Games! | | different theme each week | Ages 7 & under 2:30-3:00pm | 5:30-6:00pm | 3:00-3.30pm | |
| | | 2:15- 2:45pm | • | | Fancy dress | |
| | | | | | Funky Friday | |
| | | | | | Ages 3+ | |
| | | | | | 5:45-6:15pm | |



Recreational / Beginners Gymnastics - Ages 7+

NON MEMBERS WELCOME

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-----------|-------------|--------------|----------------|-------------|---------------------|-----------------|
| Programme | 1:30-2:00pm | 1:45-2:15pm | 1:30-2:00pm | 1:30-2:00pm | 1:00-1:30pm | 10:00-10:30am |
| Zoom | | | | | | |
| Sessions! | 5:00-5:30pm | 5:00-5:30pm | 5:00-5:30pm | 4:45-5:15pm | | 11:45am-12:15pm |
| Workshops | GymFit | Workshop – | GymFit | Boxercise | Games | |
| & Games! | Aged 8+ | different | Ages 7 & under | 5:30-6:00pm | 3:00-3.30pm | |
| | 3:30-4:00pm | theme each | 2:30-3:00pm | | | |
| | | week | | | Fancy dress | |
| | | 2.15- 2.45pm | | | Funky Friday | |
| | | | | | Ages 3+ | |
| | | | | | 5:45-6:15pm | |