

Independent Gymnastics Class Programme

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|------------------|-----------------|--------------------------|
| Monday | 3.45 – 4.45pm | Mini stars 3-4 Yrs |
| | 4.45 – 5.45pm | Junior (4-6 yrs) |
| | 4.00 – 5.00pm | Junior Bronze (5-7 Yrs) |
| | 5.15 – 6.15pm | Junior Bronze 5-7 yrs) |
| | 6.30 – 7.30pm | Senior Silver (9-12 yrs) |
| | 7.45 – 8.45pm | 12+ Structured |
| Tuesday | 12.30 - 1.30pm | Tiny Stars (2-3Yrs) |
| | 1.45 – 2.45pm | Mini Stars (3-4 yrs) |
| | 4.00 - 5.00pm | Junior Bronze (5-7 yrs) |
| | 5.00 – 6.00pm | Junior Silver (7-9 yrs) |
| | 6.15 – 7.15pm | Senior Bronze (8-11 yrs) |
| | | |
| Wednesday | 3.45 – 4.45pm | Junior Stars (4-6 Yrs) |
| | 4.30 – 5.30pm | Junior Bronze (5-7 yrs) |
| | 5.45 – 6.45pm | Senior Bronze (8-11 yrs) |
| | | |
| Thursday | 3.45 - 4.45pm | Junior Stars (4-6 years) |
| | 4.45 – 5.45pm | Junior Stars (4-6 years) |
| | 4.00 – 5.00pm | Junior Bronze (5-7 Yrs) |
| | 5.00 – 6.00pm | Junior Silver (6-9 Yrs) |
| | 6.00 – 7.00pm | Senior Silver (8-12 Yrs) |
| | | |
| Friday | 3.45 – 4.45pm | Mini Stars (3-4 yrs) |
| | 4.45 – 5.45pm | Junior Stars (4-6 yrs) |
| | 4.15 – 5.15pm | Junior Bronze (5-7 yrs) |
| | 5.30 – 6.30pm | Senior Bronze (8-12 yrs) |
| | 6.45 – 7.45pm | Senior Silver (9-11 yrs) |
| | 7.30 – 8.30pm | Youth Gym (10+) |
| Saturday | 9.00 - 10.00am | Mini Stars (3-4 Yrs) |
| | 10.15 - 11.15am | Mini Stars (3-4 Yrs) |
| | 11.15-12.1pm | Junior Stars (4-6 Yrs) |
| | 12.30 – 1.30pm | Tiny Stars (2-3 yrs) |
| | 9.15 – 10.15am | Junior Silver (6-9 Yrs) |
| | 10.30 – 11.30am | Junior Bronze (5-7 Yrs) |
| | 11.45 – 12.45pm | Junior Bronze (5-7 Yrs) |
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