

MONDAY

16 - 17 Recreational Gymnastics
16:15 - 19 Progression Squad
17 - 20 2 piece Squad
17 - 20 Squad Training
17 - 20 Seniors Squad

TUESDAY

16 - 17 Recreational Gymnastics
16:30 - 20 Squad training
17 - 19 Advanced recreational
17 - 19:30 Squad training
17 - 20 Squad training

WEDNESDAY

10 - 10:45 GYM 4 TOTS
16 - 17 Boys recreational class
16:15 - 19 Progression squad
16:30 - 19 Squad training
16:30 - 20 Squad training
17 - 18 Recreational gymnastics
17 - 20 Squad Training
17 - 20 Squad training

THURSDAY

16 - 17 Recreational gymnastics
16:30 - 20 Squad training
17 - 18 Recreational gymnastics
17 - 19:30 Squad training
18 - 19 Recreational older girls

FRIDAY

16 - 17 Recreational gymnastics
16:30 - 19:30 Squad training
17 - 20 Squad training

SATURDAY

8 - 8:45 GYM 4 TOTS
9 - 10 Recreational Gymnastics
9 - 12 Progression squad
10 - 11 Recreational gymnastics
11 - 13 Advanced recreational
11 - 15 Squad training
12 - 15 Squad training
12 - 15:30 Squad training