



Timetable:

Precision Gymnastics LTD

Arch 80 Queens circus, Queenstown road, Battersea, London, SW11 8NE

<u>Monday:</u>	
<u>12 – 1pm</u>	<u>Adult strength, conditioning, flexibility. Ages: Adult, all abilities.</u>
<u>1 – 2pm</u>	<u>Open gymnastics session All ages and levels</u>
<u>2.20 – 3pm</u>	<u>Stay and Play</u> ages 12 months – 3 years.
<u>3.45 – 4.25</u>	<u>Preschool</u> ages 4 – 5 years
<u>4.30 – 5.30</u>	<u>Beginners Gymnastics</u> Ages 5 – 8pm
<u>5.30 – 6.30</u>	<u>Intermediate Gymnastics</u> ages 9+
<u>6.30 – 8.30</u>	<u>Squad 4 training (invitation only)</u>

<u>Tuesday:</u>	
<u>4.30 – 6.30</u>	<u>Beginner / intermediate gymnastics</u> 2 hour session
<u>6.30 – 8.30</u>	<u>Intermediate / advanced gymnastics</u> 2 hour session ages 9+

<u>Thursday:</u>	
<u>4.30 – 6.30</u>	<u>Squad 3 training (invitation only)</u>
<u>5.30 / 6.30 – 8.30</u>	<u>Squad 1 and 2 training (invitation only)</u>

<u>Fridays: Coming January 2025</u>	
<u>4.30- 6.30</u>	<u>Advanced Ages 6 - 9</u>
<u>6.30 – 8.30</u>	<u>Advanced 9+</u>

Sundays:

Live private lesson bookings will be available through the website.