

# Gymnastics Schedule Autumn Term 2025

## August 16th to December 14th

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Tiny Tots (Adult assisted) 10:00-10:45	Venue Hire From 7:00AM Private lessons from 2pm	Venue Hire From 7:00AM (POA) Private lessons from 2pm	Venue Hire From 7:00AM (POA) Private lessons from 2pm	Private lessons from 12pm	Tiny Tots 2 years (Adult assisted) 9:00-9:45AM	Tiny Tots 2 years (Adult assisted) 9:00-9:45AM
Gym Tots 10:00-10:45					Tiny Tots 3 years (Adult assisted) 9:45-10:30AM	Gym Tots 9:45-10:30AM
Venue Hire From 10:30AM (POA)					Gym Tots 10:30-11:15AM	Junior recreational 10:30-11:30PM
					Junior Recreational 11:15-12:15PM	Intermediate Recreational 11:30-12:30PM
Tiny Tots (Adult assisted) 2:15-3:00PM		Tiny Tots (Adult assisted) 2:15-3:00PM	Tiny Tots (Adult assisted) 2:15-3:00PM	Tiny Tots (Adult assisted) 2:00-2:45PM	Intermediate Recreational 12:15-1:15PM	Senior Recreational 11:30-12:30PM
Gym Tots 3:00-3:45PM	Junior Recreational 3:00-4:00PM	Tiny Tots (Adult assisted) 3:00-3:45PM	GymTots 2:15-3:00PM	Gym Tots 2:45-3:30PM	Senior Recreational 12:15-1:15PM	Birthday Parties Enquire for times  Private Lessons *By appointment*
Intermediate Recreational 3:00-4:00PM	Intermediate Recreational 3:00-4:00PM	Gym Tots 3:00-3:45PM	Junior Recreational 3:00-4:00PM	Pre Advanced Tumbling 3:00-4:15PM	Intermediate Recreational Advanced (Invitational) 12:15-1.30 PM	
Junior Recreational 3:45-4:45PM	Pre-Team (Invitational) 3:00-4:15PM	Junior Recreational 3:00-4:00PM	Intermediate Recreational 3:00-4:00PM	Junior Recreational 3:30-4:30PM	Birthday Parties 1:30-3:15PM	
Junior Recreational Experienced (Invitational) 4:00-5:00PM	Intermediate Recreational 4:00-5:00PM	Pre-Team (Invitational) 3:45-5:00PM	Junior Recreational 4:00-5:00PM	Level 5 Competitive Team 4:15 -6:30PM		
Intermediate Recreational 4:45-5:45PM	Level 4 Competitive Team 4:00-6:15PM	Level 4 Competitive Team 4:00-6:00PM	Intermediate Recreational 5:00-6:00PM	Level 6 Competitive Team 4:15 - 6:30PM		
Intermediate Recreational Advanced (Invitational) 5:00-6:00PM	Level 6 & Optionals Competitive Team 5:00-8:00PM	Level 3 Competitive Team 4:00-6:00PM	Senior Recreational 5:00-6:00PM	Birthday Parties 6:30-8:30PM  Freeplay & Games Night (Inquire for dates)		
Junior Recreational 6:00-7:00PM	Level 3 Competitive Team 6:00-8:00PM	Level 4 Competitive Team 5:45-8:00PM	Advanced Recreational 5:00-7:00PM			
Level 5 Competitive Team 5:45-8:00PM	Intermediate Recreational 6:15-7:15PM	Level 5 Competitive Team 5:45-8:00PM	Level 4 Competitive Team 5:45-8:00PM		Level 5 Competitive Team 2:30-4:30PM	
Level 6 & Optionals Competitive Team 5:45-8:00PM	Senior Recreational 6:15-7:15PM	Venue Hire From 8:00PM (POA)	Venue Hire From 8:00PM (POA)		Level 3 Competitive Team 4:00-6:00PM	
Venue Hire From 8:00PM (POA)	Venue Hire From 7:15PM (POA)				Advanced Tumbling 4:30-6:00PM	

\*PRIVATE, SEMI-PRIVATE, SMALL GROUP LESSONS AVAILABLE BY APPOINTMENT\*

Ages List	Tiny Tots (Adult Assisted) 2-3 years old	Gym Tots 4-5 years old	Junior Recreational 5-7 years old	Intermediate Recreational 8-10 years old	Senior Recreational 11 years old+	
	**All other classes are by invitation only.					
	**Pre Advanced Tumbling** 7 years old+	**Advanced Tumbling** 8 years old+				

FOR COMPETITIVE TEAM GYMNASTS, TO BE COMPETENT ON ALL APPARATUS IT IS HIGHLY RECOMMENDED TO ATTEND TWICE PER WEEK

PLEASE NOTE 10 % DISCOUNT APPLIES for SECOND AND ALL SUBSEQUENT CLASSES for full Term payments