

# 2019 Class Schedule

## Term 1

Time	Class	Hours Per Class	Age (Guide Only)	Requirements	
Monday	3:30pm – 4:30pm	Mixed Junior Gym	1	5yrs	
	3:30pm – 4:30pm	Girls Gym Stars	1	6 – 7 yrs	
	3:30pm – 4:30pm	Boys Gym Stars	1	6 – 7 yrs	
	3:30pm – 4:30pm	Girls Diamonds	1	6 – 7 yrs	2/3 days per week
	3:30pm – 6:30pm	Girls Opals	3	10 – 11 yrs	2 days per week
	4:30pm – 6:30pm	Girls Emeralds	2	8 – 9 yrs	2 days per week
	4:30pm – 6:00pm	Girls Rockets	1.5	8 – 9 yrs	
	4:30pm – 6:00pm	Boys Rockets	1.5	8 – 9 yrs	
	4:30pm – 6:00pm	Boys Jets	1.5	10 – 14yrs	
6:30pm – 7:30pm	STAFF TRAINING				

Tuesday	3:30pm – 4:30pm	Girls Junior Gym	1	5yrs	
	3:30pm – 4:30pm	Girls Gym Stars	1	6 – 7 yrs	
	3:30pm – 4:30pm	Girls Diamonds	1	6 – 7 yrs	2/3 days per week
	3:30pm – 5:00pm	Girls Gym Rockets	1.5	8 – 9 yrs	
	4:30pm – 5:30pm	FreeG Ninja	1	7 – 9 yrs	
	5:30pm – 6:30pm	FreeG Ninja	1	10 – 13 yrs	

Wednesday	3:30pm – 4:30pm	Mixed Acro – Beginner	1	8yrs	
	3:30pm – 5:30pm	Girls Emeralds	2	8 – 9 yrs	2 days per week
	4:30pm – 6:00pm	Girls Rockets	1.5	8 – 9 yrs	
	3:30pm – 6:30pm	Girls Opals	3	10 – 11 yrs	2 days per week
	4:30pm – 5:30pm	Mixed Acro – Intermediate	1	10 yrs	Min. 1 yr experience
	5:30pm – 6:15pm	Mixed Tricking – Intermediate	45 mins	10 yrs	

Thursday	9:30am – 10:30am	Kindergym	1	1 – 5yrs	
	9:30am – 10:30am	Mini Gym	1	3.5 – 5 yrs	
	3:30pm – 4:30pm	Mixed Junior Gym	1	5yrs	
	3:30pm – 4:30pm	Girls Gym Stars	1	6 – 7 yrs	
	3:30pm – 4:30pm	Boys Gym Stars	1	6 – 7 yrs	
	3:30pm – 4:30pm	Girls Diamonds	1	6 – 7 yrs	2/3 days per week
	4:30pm – 6:00pm	Boys Rockets	1.5	8 – 9 yrs	
	4:30pm – 5:15pm	Gym Fun (All Abilities)	45 mins	School age	
	4:30pm – 6:00pm	Boys Jets	1.5	10 – 14 yrs	
	6:00pm – 7:00pm	STAFF TRAINING			

Friday	9:30am – 10:15am	Family Fit (Parents & Bub's)	45 mins		
	10:30am – 11:30am	Mini Gym	1	3.5 – 5 yrs	
	11:30am – 12:30pm	Move for Life (Over 55 Gymnastics)	1	ADULTs 55+	Adults aged over 55
	3:30pm – 4:15pm	Girls Acro	45 mins	10 yrs	Min. 1 yr experience
	4:15pm – 5:00pm	Girls Acro Cheer	45 mins	10 yrs	
	5:00pm – 6:00pm	Mixed Acro – Advanced	1	12 yrs	Min. 2 yrs experience
	6:00pm – 6:30pm	Mixed Tricking – Advanced	30 mins	12 yrs	Min. 2 yrs experience
	6:30pm – 7:00pm	Ninja Warrior	30 mins	12 yrs	

Saturday	9:00am – 10:00am	Kindergym	1	1 – 5yrs	
	9:00am – 10:00am	Mini Gym	1	3.5 – 5 yrs	
	10:00am – 11:00am	Mixed Junior Gym	1	5yrs	
	10:00am – 11:00am	Mixed Gym Stars	1	6 – 7 yrs	
	10:00am – 11:00am	FreeG Ninja	1	7 – 12 yrs	
	11:30am – 12:30am	Move for Life (Over 55 Gymnastics)	1	ADULTs 55+	Adults aged over 55