

Parents/Child Classes (4 months -3 years)

From infant to toddler, these promote early development, and provide a strong foundation for your child's critical first three years. In every Learning Unit, you and your child will celebrate each discovery together with smiles, hugs and the occasional adult-sized giggle. Class length is 45 minutes. Practice Time (PT) sessions are 30 minutes.

Pre-K Gymnastic (3 - 6 years)

These classes for preschoolers and kindergartens help your child channel all that boundless energy and reach developmental milestones. Independent enough to attend classes without parents, Children in this age group still learn best in a structured environment where gymnastic and other activities are combined into structured Learning Units with a healthy dose of fun. Class length is 60 minutes. Practice Time (PT) sessions are 45 minutes.

Grade School Gymnastics (6 - 12 years)

Gymnastic classes for grade school kids are segmented to allow for gender specific disciplines and varying development abilities, giving students to change to tackle new challenges at their own skill level. Celebrating with cheers and high fives, each new achievement leads to newfound confidence, determination and a desire to continue improving in every Learning Unit. Class length is 60 minutes. Practice Time (PT) sessions are 45 minutes.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30 am							
8:45 am							
9:00 am							
9:15 am							
9:30 am							
9:45 am							
10:00 am			Beasts/Super Beasts (19mths-3yrs) 10.00 am - 10.45 am	Bugs (4mths-10mths) 10.00 am - 10.45 am	Birds (10mths-19mths) 10.00 am - 10.45 am	Birds (10mths-19mths) 10.15 am - 11.00 am	Beasts/Super Beasts (19mths-3yrs) 10.15 am - 11.00 am
10:15 am							
10:30 am							
10:45 am							
11:00 am			P/C Practice Time (8mths-3mths) 11.00 am - 11.30 am		Funny Bugs (3yrs) 11.00 pm - 12.00 pm	Beasts/Super Beasts (19mths-3yrs) 11.00 am - 11.45 am	Funny Bugs (3yrs) 11.00 am - 12.00 pm
11:15 am							
11:30 am							
11:45 am							
12:00 pm						Funny Bugs (3yrs) 11.45 am - 12.45 pm	Giggle Worms/Good Friends (4 & 5 yrs) 12.00 pm - 1.00 pm
12:15 pm							
12:30 pm						Cracker Jacks (Sports Skills) (4 & 5 yrs) 12.45 am - 1.45 pm	
12:45 pm							
1:00 pm							
1:15 pm							
1:30 pm							
1:45 pm							
2:00 pm					Giggle Worms/Good Friends (4 & 5 yrs) 2.00 pm - 3.00 pm	Flips/Hots Shots (6-12 yrs, beginners) 1.45 pm - 2.45 pm	Flips/Hots Shots (6-12 yrs, beginners) 2.00 pm - 3.00 pm
2:15 pm							
2:30 pm							
2:45 pm							
3:00 pm			Funny Bugs (3yrs) 3.00 pm - 4.00 pm		Beasts/Super Beasts (19mths-3yrs) 3.00 pm - 3.45 pm		
3:15 pm							
3:30 pm							
3:45 pm							
4:00 pm			Giggle Worms/Good Friends (4 & 5 yrs) 4.00 pm - 5.00 pm	Funny Bugs (3yrs) 4.00 pm - 5.00 pm	Flips/Hots Shots (6-12 yrs, beginners) 4.00 pm - 5.00 pm	Awesome Birthday Bash 3.30 pm - 5.00 pm	Awesome Birthday Bash 3.30 pm - 5.00 pm
4:15 pm							
4:30 pm							
4:45 pm							
5:00 pm							
5:15 pm				Flips/Hots Shots (6-12 yrs, beginners) 5.00 pm - 6.00 pm			
5:30 pm						Awesome Birthday Bash 5.30 pm - 7.00 pm	Awesome Birthday Bash 5.30 pm - 7.00 pm
5:45 pm							
6:00 pm							
6:15 pm							
6:30 pm							
6:45 pm							
7:00 pm							
7:15 pm							
7:30 pm							
7:45 pm							
8:00 pm							
8:15 pm							

* WE WILL BE CLOSED ON THESE FOLLOWING DATES : 25 December 2019 Wed, 25 & 26 January 2020 Sat & Sun