Summer Term Timetable

Mondays	Tuesdays	Wednesdays	Thursdays	Fri	Saturdays	Sundays
4.00 - 5.00	4.00 - 5.00	5.00 - 7-00	4.00 - 5.00		10.00-11.00	10.00 - 10.45
Early years Gymnastics Fun	Young Beginners	Squad Training	Young Beginners		Parkour	Gymnastics for
Age 2-4	Gymnastics Fun	Selection Only	Gymnastics Fun		Beginners	children with additional needs
4.00 - 5.00	Age 4-6		Age 4-6		Age - 5 - 10	Open gym setting - PARENT
Young Beginners Gymnastics		5.00 - 8-00				
Fun	5.00-6.00pm	Advanced Squad	5.00-6.00pm		11.00-12.00	
Age 4-6	Gymnastics Fun	Training	Gymnastics Fun		Parkour	11.00-12.00
	Age 7-18	Selection Only	Age 7-16		Intermediate	Young Beginners
5.00 - 7-00					Age - 8-16	Gymnastics Fun
Squad Training	6.00- 7.15		6-7.15 pm			Age 4-6
Selection Only	Mini Talent		Intermediate &		12.00-1.00	
	Development		Advanced Gymnastics		Tumbling	12.00-1.00pm
5.00 - 8-00	Age 4-7 invitation only		Fun		Age 7-12	Gymnastics Fun
Advanced Squad Training	6.00-7.15		Age -9-18			Age 6-18
Selection Only	Talent development					
	Age 7-18 Invitation Only		7.15-8.15pm		1.00 - 3.00pm	1.00 - 2.15pm
			Skill Specific Course:		Skill Specific	Mini Talent Development
	7.15-8.15pm		Handstands and		Course: Bank	Age 4-7 invitation only
	Skill Specific		handstand shaping		Handsprings	1.00-2.15pm
	Course:					Talent development
	Flexibility				3.00 - 5.00	Age 7-18 Invitation Only
					Skill Specific	
					Course:	2.15 - 4.00pm
					Bank Somersaults	Skill Specific Course:
						Bloxand hand balancing
						4.00 - 6-00pm
						Squad Training
						Selection Only
						4.00 - 7-00pm
						Advanced Squad Training
						Selection Only