

TERM 1 2023 CLASS TIMETABLES

TUMBLING CLASSES

Recreational Tumbling

CLASS DAYS	CLASS TIME	RECOMMENDED AGES:
MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY	3:30PM - 4:30PM	4.5 - 8.5 years
	4:30PM - 5:30PM	8.5 - 12.5 years
	5:30PM - 6:30PM	6.5 - 12.5 years
SATURDAY	10:00AM - 11:00AM	4.5 - 8.5 years
	11:00AM - 12:00PM	8.5 - 12.5 years

Extension Tumbling

CLASS DAYS	CLASS TIME	RECOMMENDED AGES:
MONDAY TUESDAY THURSDAY	5:30PM - 7:00PM	6.5 - 14.5 years (skill dependent)

Teen Tumbling

CLASS DAYS	CLASS TIME	RECOMMENDED AGES:
TUESDAY THURSDAY	5:30PM - 7:00PM	11.5 - 16.5 years

TRAMPOLINE CLASSES

Standard Trampoline

CLASS DAYS	CLASS TIME	RECOMMENDED AGES:
MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY	3:30PM - 4:30PM	4.5 - 8.5 years
	4:30PM - 5:30PM	8.5 - 12.5 years
	5:30PM - 6:30PM	6.5 - 12.5 years
SATURDAY	10:00AM - 11:00AM	4.5 - 8.5 years
	11:00AM - 12:00PM	8.5 - 12.5 years

Extension Trampoline

CLASS DAYS	CLASS TIME	RECOMMENDED AGES:
THURSDAY	5:30PM - 7:00PM	7.5 - 14.5 years (skill dependent)

PARKOUR CLASSES

Standard Parkour

CLASS DAYS	CLASS TIME	RECOMMENDED AGES:
MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY	3:30PM - 4:30PM	4.5 - 8.5 years
	4:30PM - 5:30PM	8.5 - 12.5 years
	5:30PM - 6:30PM	6.5 - 12.5 years
SATURDAY	10:00AM - 11:00AM	4.5 - 8.5 years
	11:00AM - 12:00PM	8.5 - 12.5 years

Soft Parkour

CLASS DAYS	CLASS TIME	RECOMMENDED AGES:
TUESDAY THURSDAY FRIDAY	3:30PM - 4:15PM	3 - 5 years
	4:30PM - 5:15PM	

Advanced Parkour

CLASS DAYS	CLASS TIME	RECOMMENDED AGES:
MONDAY	5:30PM - 7:00PM	6.5 - 16.5 years (skill depending)

Teen Parkour

CLASS DAYS	CLASS TIME	RECOMMENDED AGES:
WEDNESDAY	5:30PM - 7:00PM	11.5 - 16.5 years