

TIMETABLE - 2025 - TERM 1

We offer a variety of classes to all ages with a focus on traditional Gymnastics and Urban Gym 'Parkour'

Day	Session	Time (pm)	Duration	Age (Years)	Term Fees
Monday					
	Kindy Gym	11 - 12	1 hr	0 - 5	\$10 casual
	Gymnastics S&C	4.30 - 5.30	1 hr	10+	\$10 casual
	Adult Open Gym	5.30 - 6.30	1 hr	16+	\$10 casual
Tuesday					
	Urban Gym Fun Minis	3.30 - 4.15	45 m	5 - 7	\$60
	GFA	3.30 - 4.15	45 m	5 - 13	\$60
	Urban Gym Fun Junior	4.15 - 5	45 m	8 - 13	\$60
	GFA	4.15 - 5	45 m	5 - 13	\$60
	GFA+	5 - 6	1 hr	5 - 13	\$72
	Gymnastics Incentive (invite	6 - 7.30	1.5 hr	10+	\$78
Wednesday					
	Kindy Gym	11 - 12	1 hr	0 - 5	\$10 casual
	GFA	3.30 - 4.15	45 m	5 - 13	\$60
	GFA+	4.30 - 5.30	1 hr	5 - 13	\$72
Thursday					
	GFA+	4.30 - 5.30	1 hr	5 - 13	\$72

URBAN GYM FUN

A high energy class that combines traditional Gymnastics skills and elements of Parkour. This class runs for 45 minutes.

GFA

These Gym For All classes are an introduction to Gymnastics, incorporating movements and skills that combine the fundamental movement patterns of sport in a structured and fun environment. This class is suited to younger athletes and those beginning their Gymnastics journey.

GFA+

These Gym For All classes are suited to those athletes who are at the next stage of their Gymnastics journey. This isn't a beginner class, it covers the fundamental movement patterns and Gymnastics skills at an intermediate level.

GYMNASTICS INCENTIVE

These classes require an understanding of Gymnastics and an already established skillset, it is for those athletes wanting to learn a bit more and who have been training for some years. New members are not able to sign up for these classes, **invite only**.

KINDY GYM

Kindy Gym offers a safe and fun place for babies and pre-schoolers to play and develop motor skills, balance and coordination, through engaging activities and exercises.

GYMNASTICS S&C

This Strength & Conditioning Class is run by a fully Qualified Level 5 Personal Trainer and Gymnastics Coach. This programme is designed to develop core strength and stability, flexibility and overall body conditioning, which is crucial to build a solid foundation, improve the Gymnasts performance and reach new levels of athleticism.

ADULT OPEN GYM

Ex-Gymnast? Or have you ever fancied trying Gymnastics? Adult Open Gym is the perfect place to come and unleash your inner child and discover muscles you never knew existed. Come for the fun and stay for the epic fails and triumphs. The Gym is open to you and a qualified coach we be available if you need any advice.

*DISCLAIMER

Term 1 2025 is a shorter 6 week term due to the closure of the Gym for the A&P Show - We will return to our 8-10 week term structure in Term 2