

TIMETABLE - 2025 - TERM 3

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

Day	Session	Time	Duration	Age (Years)	Term Fees
Monday					
	Kindy Gym	11.00 - 12.00	1 hr	0 - 5	\$10 casual
	Gymnastics Rec Comp	4.30 - 5.30	1 hr	9 - 15	\$10 casual
	Adult Open Gym	5.30 - 6.30	1 hr	16+	\$10 casual
Tuesday					
	Urban Minis	3.30 - 4.15	45 m	5 - 7	\$90
	Urban Junior	4.15 - 5.00	45 m	8 - 15	\$90
	GFA Beginner	3.30 - 4.15	45 m	4 - 6	\$90
	GFA Excel	4.15 - 5.00	45 m	6 - 9	\$90
	GFA+	5.00 - 6.00	1 hr	8 - 15	\$108
	GFA+ Excel	5.00 - 6.00	1 hr	8 - 15	\$108
	Gymnastics Rec Comp	6.00 - 7.30	1.5 hr	9 - 15	\$117
Wednesday					
	Kindy Gym	11.00 - 12.00	1 hr	0 - 5	\$10 casual
	GFA Beginner	3.30 - 4.15	45 m	4 - 6	\$90
	GFA+ Excel	4.30 - 5.30	1 hr	9 - 15	\$108
Thursday					
	GFA+	4.30 - 5.30	1 hr	7 - 13	\$108
Friday					
	Kindy Gym	3.30 - 4.30	1 hr	0 - 5	\$10 casual
URBAN MINIS / JUNIOR					
	A high energy class that combines traditional Gymnastics skills and elements of Parkour. These classes run for 45 minutes.				
GFA BEGINNER					
	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 beginning their Gymnastics journey.				
GFA EXCEL					
	This class is suited to athletes who have a basic understanding of Gymnastics, ready to progress onto the next level and skillset.				
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.				
GFA+ EXCEL					
	This class is a step up from GFA+, athletes working towards Recreational GFA Competitions Levels 3-4. Athletes have an established skillset in Gymnastics.				
GYMNASTICS REC COMP					
	These classes require a confident understanding of Gymnastics and an already well-established skillset. New members are not able to sign up for these classes, invite only. These athletes work towards Recreational GFA Competitions Levels 4+				
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.				
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 3 2025 - Payment confirms a guaranteed 8 weeks of classes, 9 weeks is offered dependant on Volunteer availability. Casual sessions are price per session. Other Class fees are per term.