

# TIMETABLE

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

Day	Session	Time	Duration	Age (Years)	Term Fees
Monday					
	Kindy Gym	11.00 - 12.00	1 hr	0 - 5	\$10 casual
	GFA+	3.30 - 4.30	1 hr	8 - 12	\$150
	GFA Excel	4.30 - 5.30	1 hr	6 - 9	\$150
	Adult Open Gym	5.30 - 6.30	1 hr	16+	\$10 casual
Tuesday					
	Urban Minis	3.30 - 4.15	45 m	5 - 7	\$100
	Urban Junior	4.15 - 5.00	45 m	8 - 15	\$100
	GFA Beginner	3.30 - 4.15	45 m	4 - 6	\$100
	GFA Excel	4.15 - 5.00	45 m	6 - 9	\$100
	GFA+	5.00 - 6.00	1 hr	8 - 15	\$150
	Gymnastics Rec Comp	6.00 - 7.30	1.5 hr	9 - 15	\$200
Wednesday					
	Kindy Gym	11.00 - 12.00	1 hr	0 - 5	\$10 casual
	GFA Beginner	3.30 - 4.15	45 m	4 - 6	\$100
	GFA+ Excel	4.30 - 5.30	1 hr	9 - 15	\$150
Thursday					
	GFA+	4.30 - 5.30	1 hr	7 - 13	\$150
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.				