## **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					
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	\$100
	Gymnastics Rec Comp	6.00 - 7.30	1.5 hr	9 - 15	\$130
	Oynmastics Nec Comp	0.00 - 7.30	1.3111	9-13	\$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	V. 1 0				
	Kindy Gym	3.30 - 4.30	1 hr	0 - 5	\$10 casual
	A high energy class that com	mnastics skills	s and elements o	of Parkour.	
URBAN MINIS / JUNIOR	These classes run for 45 minutes.				
OKRAN MINI2 / JUNIOK	These classes full for 45 min				
UKBAN MINIS / JUNIUR	These Gym For All classes are	e an introduction to	Gymnastics, i	ncorporating mo	ovements and
	These Gym For All classes are skills that combine the fundar	mental movement p	atterns of spo	ort in a structure	d and fun
GFA BEGINNER	These Gym For All classes ar	mental movement p	atterns of spo	ort in a structure	d and fun
GFA BEGINNER	These Gym For All classes are skills that combine the fundal environment. This class is su	mental movement pited to younger athless s who have a basic	patterns of spo etes beginning	ort in a structured g their Gymnastid	d and fun cs journey.
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