

Timetable - Term 1, 2025



RECREATIONAL	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Drop-in Gym		9:45 - 11:15		9:45 - 11:15		
Preschool gym (2-3yrs)						9:00 - 9:45
Kindy Gym (4 y/o's)				11:15 - 12:00		
Recreational (5-6yrs)	3:45 - 4:45		3:45 - 4:45		3:45 - 4:45	10:00 - 11:00
Recreational (7-9yrs)	3:45 - 4:45	4:45 - 5:45		4:45 - 5:45		
Recreational (10+yrs)					5:45-6:45	
Ninja (parkour)	4:45 - 5:45					
Boys Only Rec			3:30 - 5:00			
Rec Tumbling				3:45 - 4:45		
Rec Aerobics				5:00 - 6:00		
Adults Gym			7:30 - 9:00			

REGIONAL COMPETITIVE	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Regional Comp (GFA 1&2)			3:45 - 5:45			
Regional Comp (GFA 3&4)		3:45 - 5:45				

COMPETITIVE	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aerobics						
Junior Aerobics	5:00 - 6:00		5.00 - 6.30			
Senior Aerobics	6.00 - 7.30		6.00 - 8.00			
Tramp & Tumbling						
Senior Trampoline	5.30 - 7.30				6:00 - 8:00	11:00 - 1:00
Intermediate Tumbling						11:00 - 1:00
Men's Artistic						
MAG Precompetitive			3:30 - 5:00			
MAG Levels 1-3			3:30 - 5:00			1:00 - 3:00
MAG Levels 4+		6:00 - 9:00	5:00 - 8:00	5:00 - 8:00		2:00 - 6:00
Women's Artistic						
WAG Precompetitive	3:45 - 5:15					
WAG Step 1	3:45 - 5:45			3:45 - 5:45		
WAG Step 2		3:45 - 6:15			3:45 - 6:15	
WAG Step 3		3:45 - 6:15			3:45 - 6:15	8:30 - 11:00
WAG Step 4		4:00 - 8:00		4:00 - 8:00		8:30 - 12:30
WAG Step 5	4:00 - 8:00	4:00 - 8:00		4:00 - 8:00		8:30 - 12:30
WAG Step 6	4:00 - 8:00		4:00 - 8:00		4:00 - 8:00	11:00 - 3:30
WAG Step 7	4:00 - 8:00		4:00 - 8:00		4:00 - 8:00	11:00 - 3:30
WAG Step 9	4:00 - 8:30		4:00 - 8:00		4:00 - 8:00	11:00 - 3:30
WAG Step 10	4:00 - 8:30	4:00 - 8:00	4:00 - 8:00		4:00 - 8:00	11:00 - 3:30