

2021 Recreational Timetable

Class	Mon	Tues	Wed	Thurs	Fri	Sat
Kinder Gym—45 minutes Gymnastics Class with Parent Participation - 18 months to 3 years	10:30am-11:15am	10:30am-11:15am		10:30am-11:15am	10:30am-11:15am	8:00am-8:45am
Pre-School Gym—45 minutes Gymnastics Class without Parent Participation - 4 to 5 years	11:15am-12 noon	11:15am-12 noon		11:15am-12 noon	11:15am-12 noon	
Pre-Level 1 —1 hour Selective beginner levels gymnastics - 4 to 5 years	12:00-1:00pm					
Junior Gym—45 minutes						8:45am-9:30am
Beginner Gymnastics for Boys & Girls aged 5 to 6 years	3:30pm-4:15pm	3:30pm-4:15pm	3:30pm-4:15pm	3:30pm-4:15pm		10:30am-11:15am
	4:15pm-5:00pm	4:15pm-5:00pm	4:15pm-5:00pm	4:15pm-5:00pm	4:15pm-5:00pm	11:15am-12 noon
Recreational Girls— 1 hour Beginner Gymnastics for Girls aged 7 to 9 years	4:00pm-5:00pm	4:00pm-5:00pm	4:00pm-5:00pm	4:00pm-5:00pm	4:00pm-5:00pm	9:30am-10:30am
Recreational Boys—1 hour Beginner Gymnastics for Boys aged 7 to 9 years	4:00pm-5:00pm		4:00pm-5:00pm			
Intermediate Girls—1.5 hours Intermediate Gymnastics for Girls aged 10 to 11 years		5:00pm-6:30pm	5:00pm-6:30pm	6:00pm-7:30pm		10:00-11:30am
Teen Gym—2 hours Intermediate Gymnastics for Girls aged 12 to 17 years		6:00pm-8:00pm				
Development Boys— 1.5 hours Selective Development Gymnastics for Boys aged 6-9 years	4:00pm-5:30pm		4:00pm-5:30pm			
Senior Boys—1.5 hours Intermediate Gymnastics for Boys aged 10 to 17 years			6:30pm-8:00pm			
Team Tumbling—1.5 hours Advanced tumbling class for Boys & Girls aged 11-17 years		6:30pm-8:00pm				
FreeG Jnr - 1 hour Parkour, Ninja & Freestyle Gymnastics - Boys & Girls aged 5-8 years	5:00pm-6:00pm					
FreeG Snr - 1.5 hours Parkour, Ninja & Freestyle Gymnastics - Boys & Girls aged 9+ years	6:00pm-7:30pm					
Level 1 White Selective Foundation Level Gymnastics—1.5 hours per week	5:30pm-7:00pm	5:30pm-7:00pm		5:30pm-7:00pm		10:00-11:30am
Level 1 Navy Selective Foundation Level Gymnastics—1.5 hours per week	4:00pm-5:30pm	4:00pm-5:30pm		4:00pm-5:30pm		8:00am-9:30am
Level 1 Jade Selective Foundation Level Gymnastics—1.5 - 3 hours per week		4:00pm-5:30pm		4:00pm-5:30pm		8:00am-9:30am
Level 2 White Selective Foundation Level Gymnastics - 2 hours per week	5:00pm-7:00pm	5:00pm-7:00pm		5:00pm-7:00pm		9:30am-11:30am

2021 WAG Squad Timetable						
Class	Mon	Tues	Wed	Thurs	Fri	Sat
WAG Level 8-10 Jade 20 hours	4:00pm-8:00pm	6:00am-8:00am	4:00pm-8:00pm	6:00am-8:00am	4:00pm-8:00pm	11:30pm-3:30pm
WAG Level 6-7 Jade 15-17 hours *optional	5:00pm-8:00pm	6:00am-8:00am 5:00pm-8:00pm		*6:00am-8:00am 5:00pm-8:00pm		11:30pm-3:30pm
WAG Level 6-7 Navy 10-17 hours (2x afternoons & Sat) rest *optional	5:00pm-8:00pm	*6:00am-8:00am	5:00pm-8:00pm	*6:00am-8:00am	5:00pm-8:00pm	11:30pm-3:30pm
WAG Level 5-6 Jade 12-14 hours *optional	5:00-8:00pm	*6:00am-8:00am 5:00-8:00pm		5:00-8:00pm		8:00am-11:00am
WAG Level 5-6 Navy 12-14 hours *optional	5:00-8:00pm	*6:00am-8:00am	5:00-8:00pm	5:00-8:00pm		8:00am-11:00am
WAG Level 4-5 White 6 - 9 hours			5:00-8:00pm		5:00-8:00pm	12:30pm-3:30pm
WAG Level 4 Jade 9 hours		4:00pm-7:00pm		4:00pm-7:00pm		8:00am-11:00am
WAG Level 3 Jade 6 hours		4:00pm-7:00pm		4:00pm-7:00pm		
WAG Level 3-4 Navy 6 hours		4:00pm-7:00pm		4:00pm-7:00pm		
WAG Level 3-4 White 3-6 hours		5:00-8:00pm	5:00-8:00pm		5:00pm-8:00pm	12:30pm-3:30pm

2021 MAG Squad Timetable						
Class	Mon	Tues	Wed	Thurs	Fri	Sat
MAG Level 3+ 9-14 hours	5:00pm-8:00pm	6:00am-8:00am	5:00pm-8:00pm	5:00pm-8:00pm		12:30pm-3:30pm
MAG Level 1-2 3 hours	5:30-7:00pm		5:30-7:00pm			
Development Boys 1.5 —3 hours	4:00-5:30pm		4:00-5:30pm			