

Albany

MONDAY		
Kindy Circuit		
9:30 - 10:15	Boys & Girls	2 & 3 yrs
10:30 - 11:15	Boys & Girls	3 & 4 yrs
Gym Foundations		
3:45 - 4:45	Boys & Girls	4 & 5 yrs
Gymnastics		
3:45 - 4:45	Boys & Girls	5 & 6 yrs
3:45 - 5:15	Boys & Girls	7 & 8 yrs
4:45 - 5:45	Boys & Girls	5 - 7 yrs
4:45 - 6:45	Boys & Girls	8+ yrs
Advanced Gymnastics		
4:45 - 6:15	Boys & Girls	5 - 7 yrs
Trampoline		
4:00 - 5:00	Boys & Girls	5 - 7 yrs
4:00 - 5:00	Boys & Girls	8+ yrs
Tumbling		
3:45 - 4:45	Boys & Girls	5+ yrs
Adult Strength & Conditioning (HIIT)		
4:00-5:00	Men & Women	16+ yrs

TUESDAY		
Kindy Circuit		
9:30 - 10:15	Boys & Girls	2 & 3 yrs
10:30 - 11:15	Boys & Girls	3 & 4 yrs
Gym Foundations		
3:45 - 4:45	Boys & Girls	4 & 5 yrs
Gymnastics		
3:45 - 4:45	Boys & Girls	5 & 6 yrs
3:45 - 5:15	Boys & Girls	7 & 8 yrs
4:45 - 5:45	Boys & Girls	5 - 7 yrs
4:45 - 6:45	Boys & Girls	8+ yrs
Advanced Gymnastics		
4:45 - 6:15	Boys & Girls	5 - 7 yrs
5:45 - 7:45	Boys & Girls	8+ yrs
Trampoline		
4:00 - 5:00	Boys & Girls	5 - 7 yrs
4:00 - 5:00	Boys & Girls	8+ yrs
Tumbling		
3:45 - 5:15	Boys & Girls	5+ yrs

WEDNESDAY		
Kindy Circuit		
10:30 - 11:15	Boys & Girls	3 & 4 yrs
Gym Foundations		
3:45 - 4:45	Boys & Girls	4 & 5 yrs
Gymnastics		
3:45 - 4:45	Boys & Girls	5 & 6 yrs
3:45 - 5:15	Boys & Girls	7 & 8 yrs
4:45 - 5:45	Boys & Girls	5 - 7 yrs
4:45 - 6:45	Boys & Girls	8+ yrs
Advanced Gymnastics		
4:45 - 6:15	Boys & Girls	5 - 7 yrs
5:15 - 7:15	Boys & Girls	8+ yrs
Trampoline		
4:00 - 5:00	Boys & Girls	5 - 7 yrs
4:00 - 5:00	Boys & Girls	8+ yrs
Adult Strength & Conditioning (HIIT)		
4:00-5:00	Men & Women	16+ yrs

THURSDAY		
Kindy Circuit		
10:30 - 11:15	Boys & Girls	3 & 4 yrs
Gymnastics Foundations		
3:45 - 4:45	Boys & Girls	4 & 5 yrs
Gymnastics		
3:45 - 4:45	Boys & Girls	5 & 6 yrs
3:45 - 5:15	Boys & Girls	7 & 8 yrs
4:45 - 5:45	Boys & Girls	5 - 7 yrs
4:45 - 6:45	Boys & Girls	8+ yrs
Advanced Gymnastics		
4:45 - 6:15	Boys & Girls	5 - 7 yrs
5:15 - 7:15	Boys & Girls	8+ yrs
Trampoline		
4:00 - 5:00	Boys & Girls	5 - 7 yrs
4:00 - 5:00	Boys & Girls	8+ yrs
Tumbling		
3:45 - 5:15	Boys & Girls	5+ yrs

FRIDAY		
Gymnastics		
3:45 - 4:45	Boys & Girls	5 & 6 yrs
3:45 - 5:15	Boys & Girls	7 & 8 yrs
Trampoline		
4:00 - 5:00	Boys & Girls	5 - 7 yrs
4:00 - 5:00	Boys & Girls	8+ yrs
Tumbling		
3:45 - 5:15	Boys & Girls	5+ yrs
Parkour		
5:45 - 6:30	Boys & Girls	5+ yrs
Adult Trampoline		
6:00 - 7:00	Men & Women	16+ yrs
Open Gym		
7:00-9:00	Men & Women	All ages *T&Cs apply
Gym Foundations		
3:45 - 4:45	Boys & Girls	4 & 5 yrs

SATURDAY		
Kindy Circuit		
9:00 - 9:45	Boys & Girls	2 & 3 yrs
10:00 - 10:45	Boys & Girls	3 & 4 yrs
11:00 - 11:45	Boys & Girls	2 - 4 yrs
Kindy Stages		
12:00 - 1:00	Boys & Girls	4 yrs
Gymnastics Foundations		
1:00 - 2:00	Boys & Girls	4 & 5 yrs
Gymnastics		
1:00 - 3:00	Boys & Girls	9+ yrs
2:00 - 3:00	Boys & Girls	5 & 6 yrs
Trampoline		
9:00 - 10:00	Boys & Girls	5 - 7 yrs
9:00 - 10:00	Boys & Girls	8+ yrs
Advanced Trampoline		
10:00 - 11:00	Boys & Girls	5 - 7 yrs
10:00 - 11:00	Boys & Girls	8+ yrs
Advanced Tumbling		
2:00 - 3:00	Boys & Girls	8+ yrs
Mega Mix		
1:30 - 3:00	Boys & Girls	5-12yrs

SUNDAY		
Kindy Circuit		
9:00 - 9:45	Boys & Girls	2 & 3 yrs
10:00 - 10:45	Boys & Girls	3 & 4 yrs
11:00-11:45	Boys & Girls	2 - 4 yrs

PLEASE NOTE

- THIS TIMETABLE IS SUBJECT TO CHANGE
- WE DO OUR BEST TO KEEP THIS TIMETABLE AS UP TO DATE AS POSSIBLE, BUT FOR MOST ACCURATE CLASS TIMES PLEASE LOG IN TO YOUR CLUB HUB ACCOUNT AND LOOK UNDER "MAKE A PURCHASE / BOOK CLASS"
- CLASSES FILL UP QUICKLY, SO BOOK EARLY TO AVOID MISSING OUT!

