NHG Gymnastics

LOCATED AT:
📍 75 APOLLO DRIVE, ROSEDALE

www.nhgym.co.nz
(09) 443 2570
albany@nhgym.co.nz
@nhg_gym

NHG Albany Rec Timetable

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
Advanced 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 - 13yrs

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 - 4:45	Boys & Girls	5 - 13yrs
4:50 0 5:50	Boys & Girls	5- 13yrs

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
Tumbling		
3:45 - 4:45	Boys & Girls	5 - 13yrs

THURSDAY

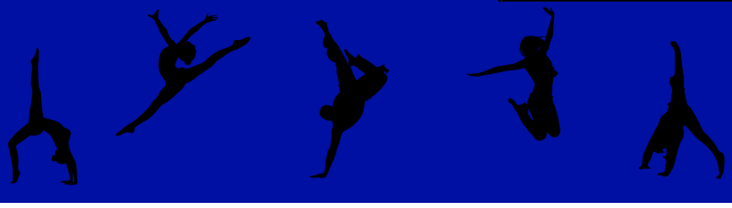
Kindy Circuit		
10.30 - 11.15	Boys & Girls	3 & 4 yrs
Gym Foundations		
3:45 - 4:45	Boys & Girls	4 & 5 yrs
Gymnastics		
3:45 - 4:45	Boys & Girls	5 & 6 yrs
3:45 - 5:15	Boys & Girls	7 & 8 yrs
4:45 - 5:45	Boys & Girls	5 - 7 yrs
4:45 - 6:45	Boys & Girls	8+ yrs
Advanced Gymnastics		
5:15 - 7:15	Boys & Girls	8+ yrs
Trampoline		
4:00 - 5:00	Boys & Girls	5 - 7 yrs
4:00 - 5:00	Boys & Girls	8+ yrs
Tumbling		
3:45 - 4:45	Boys & Girls	5 - 13yrs
4:50 - 5:50	Boys & Girls	5 - 13yrs

FRIDAY

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
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 - 13yrs
Parkour		
6:00 - 7:15	Boys & Girls	5 - 7 yrs
6:00 - 7:15	Boys & Girls	8+ yrs
Gym Mix		
4:45 - 6:00	Boys & Girls	5 - 7 yrs
4:45 - 6:00	Boys & Girls	8+ yrs
Adult Trampoline		
6:00 - 7:00	Men & Women	16+ 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
Gym Foundations		
12:00 - 1:00	Boys & Girls	4 & 5 yrs
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	10+ yrs
Adult Tumbling		
9:30 - 11:00	Men & Women	16+ yrs
Diverse Needs		
3:00 - 4:00	Boys & Girls	5 - 16yrs
Open Gym		
4:00 - 5:00	Open to all	5+ yrs
5:00 - 6:00	Adult + Elite	14+ or Elite athlete



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!