

TERM 1 SCHEDULE - BOYS

August 31st - December 12th, 2019

LEVEL	Sat	Sun	Mon	Tue	Wed	Thu
TOTS GYM 18 months - 3 yrs Mummy & me class		9:00 - 9:45am	2:45-3:30pm	9:00 - 9:45am		
FOUNDATION 3-4yrs Beginners Mixed class		2:45-3:30pm		2:45-3:30pm	2:45-3:30pm	2:15-3:00pm
FOUNDATION 3-5yrs Beginners	9:00 - 10:00am 10:00-11:00am	3:30-4:30pm	3:30-4:30pm	3:30-4:30pm	3:30-4:30pm 4:30-5:30pm	3:00-4:00pm
FOUNDATION 6 yrs+ Beginners	11:00-12:00pm	4:30-5:30pm	4:30-5:30pm		5:30-6:30pm	4:00-5:00pm
DEVELOPMENT - Level 2, Level 3	12:00-2:00pm	5:30-7:30pm		4:30-6:30pm		5:00-7:00pm
DEVELOPMENT - Level 4, Level 5, Level 6	12:00-2:30pm	5:30-8:00pm		4:30-7:00pm		5:00-7:30pm
ADULT GYMNASTICS			7:30-8:30pm		7:30-8:30pm	

VALUE ADDED SERVICES:

OPEN GYM TIME

Starting term 1, 2019 we will offer open gym time on Fridays
 With exception for the first 2 weeks and last 2 weeks of every term.
 All students 5years+ enrolled in our program are welcome to availof the
 open gym time on fridays between 12pm - 1:30 pm.
 Students can also bring friends to the open gym time for a member's guest fee of 40 dhs.

***Please note: This activity is unsupervised and requires a separate liability waiver

MOVIE NIGHT

The last Thursday of every month between 7:30pm and 9:00pm is movie time at the gym.
 All students 8yrs + are welcome to join.

ADDITIONAL SERVICES

◆ Private Gymnastics Classes ◆ Gymnastics Birthday parties

Contact us for more information:
 email: info@shamsgymnastics.com or call 04-225 4243, 050-455 6702

*All additional services are subject to availability.