

TERM 1 SCHEDULE - GIRLS

August 31th - December 12th, 2019

LEVEL	SAT	SUN	MON	TUE	WED	THU	FRI
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 3-8yrs, Beginners	9:00-10:00am 10:00-11:00am 11:00-12:00pm 4:30-5:30pm	3:30-4:30pm 4:30-5:30pm 5:30-6:30pm	3:30-4:30pm 4:30-5:30pm 5:30-6:30pm	3:30-4:30pm 4:30-5:30pm	3:30-4:30pm 4:30-5:30pm	3:00-4:00pm 4:00-5:00pm	10:00-11:00pm 11:00-12:00pm
FOUNDATION 7yrs +, Beginners	12:00-1:00pm 5:30-6:30pm 6:30-7:30pm	6:30-7:30pm	6:30-7:30pm	5:30-6:30pm 6:30-7:30pm	5:30-6:30pm 6:30-7:30pm	5:00-6:00pm 6:00-7:00pm	
DEVELOPMENT - Level 1 & Level 2	9:00-11:00am 11:00-1:00pm 1:00-3:00pm 4:30-6:30pm	3:30-5:30pm 5:30-7:30pm	3:30-5:30pm 5:30-7:30pm	3:30-5:30pm 5:30-7:30pm	3:30-5:30pm 5:30-7:30pm	3:00-5:00pm 5:00-7:00pm	10:00-12:00pm
DEVELOPMENT - Level 3 & Level 4	11:00-1:00pm 1:00-3:00pm 4:30-6:30pm	5:30-7:30pm	5:30-7:30pm	5:30-7:30pm	5:30-7:30pm	5:00-7:00pm	10:00-12:00pm
FIG SQUAD - Level 4, Copper, Bronze Silver, Gold	4:30-7:30pm	5:00-8:00pm	5:00-8:00pm	5:00-8:00pm	5:00-8:00pm	4:30-7:30pm	
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.