

TERM 3 SCHEDULE - GIRLS

April 13th - July 4th, 2019

LEVEL	Sat	Sun	Mon	Tue	Wed	Thu
TOTS GYM 18 months - 3 yrs Mummy & me class		9:00 - 9:45am		9:00 - 9:45am		
FOUNDATION 3-4yrs, Beginners Mixed class		2:45-3:30pm	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	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
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
FOUNDATION Beginner Squad			3:30-5:00pm		3:30-5:00pm	
DEVELOPMENT - Level 1	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
DEVELOPMENT - 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
DEVELOPMENT - Level 3	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	5:30-7:30pm	3:30-5:30pm 5:30-7:30pm	3:00-5:00pm 5:00-7:00pm
DEVELOPMENT - Level 4	11:00-1:00pm 1:00-3:00pm 4:30-6:30pm	5:30-7:30pm	3:30-5:30pm 5:30-7:30pm	5:30-7:30pm	3:30-5:30pm 5:30-7:30pm	5:00-7:00pm
DEVELOPMENT - Recreational	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
DEVELOPMENT - Mini Squad	9:00-11:00am			3:30-5:30pm		3:00-5:00pm
SQUAD - FIG C 1 - Copper +	4:30-7:00pm		3:30-6:00pm		3:30-6:00pm	3:00-5:30pm
SQUAD - Copper +	4:30-7:00pm 4:30-7:30pm	5:00-8:00pm	3:30-6:00pm 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	

MOVIE NIGHT AT THE GYM - LAST THURSDAY OF THE MONTH 7:30 - 9:00pm

Additional services available:

- ◆ Private Gymnastics Classes
- ◆ Gymnastics Birthday parties

Contact us for more information:

email: info@shams-gymnastics.com or call 04-225 4243, 050-455 6702

*All additional services are subject to availability.