



2024 Kinda and Recreational Timetable

Any questions in regards to our competitive squad training/ hours please email nswacgym@bigpond.net.au

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		SUNDAY
MORNING KINDA and ACADEMY NINJA 9:30-10:30	Preschoolers 4-5yrs	SCHOOL PROGRAMS	SCHOOL PROGRAMS	Preschoolers 4-5yrs	SCHOOL PROGRAMS	1hr Recreational and Academy Ninja's 8:30-9:30am	School age 6-7yrs	BIRTHDAY PARTIES FROM 10am. Subject to Availability advance booking necessary
	Breakaway 3-4yrs			Breakaway 3-4yrs			Preschoolers 4-5yrs	
	Parent and Me 18Months - 2.5yrs			Parent and Me 18Months - 2.5yrs				
MORNING KINDA and ACADEMY NINJA 10:45-11:45	Preschoolers 4-5yrs	SCHOOL PROGRAMS	SCHOOL PROGRAMS	Preschoolers 4-5yrs	Preschoolers 4-5yrs	1hr Recreational and Academy Ninja's 9:30-10:30am	School age 6-7yrs	
	Breakaway 3-4yrs			Breakaway 3-4yrs	Breakaway 3-4yrs		Preschoolers 4-5yrs	
	Parent and Me 18Months - 2.5yrs			Parent and Me 18Months - 2.5yrs	Parent and Me 18Months - 2.5yrs			
Afternoon 1hr Recreational and Academy Ninja's 4:15-5:15pm	School age 6-7yrs	School age 6-7yrs	School age 6-7yrs	School age 6-7yrs	School age 6-7yrs	1hr Recreational and Academy Ninja's 10:30-11:30am	School age 6-7yrs	
	Preschoolers 4-5yrs	Preschoolers 4-5yrs	Preschoolers 4-5yrs	Preschoolers 4-5yrs	Preschoolers 4-5yrs		Preschoolers 4-5yrs	Breakaway 3-4yrs
Afternoon 2hr Recreational and Parkour Twisters 4:30-6:30pm	School age 9-11+yrs	School age 9-11+yrs	School age 9-11+yrs	School age 9-11+yrs	School age 9-11+yrs	Afternoon 2hr Rec and Parkour Twisters 8:45-10:45am	School age 9-11+yrs	
	School Age 6-8yrs	School Age 6-8yrs	School Age 6-8yrs	School Age 6-8yrs	School Age 6-8yrs		School Age 6-8yrs	
	ALL BOYS							
ADVANCED Recreational and Ninja Fit 5:30-7:30	Ages 11-15+yrs		Ages 11-15+yrs	Ages 11-15+yrs		ADVANCED Recreational and Ninja Fit 8:45-10:45am	Ages 11-15+yrs	
	Ages 8-11+yrs		Ages 8-11+yrs	Ages 8-11+yrs			Ages 8-11+yrs	
Tumbling Specific 5:30-7:30pm			Ages 11-15+yrs				BIRTHDAY PARTIES FROM 3:15pm Subject to Availability advance booking necessary	
			Ages 8-11+yrs					
ADULT TRAINING GYMNASTICS		ADULT TRAINING 7:00-8:30pm	ADULT TRAINING 6:30-8:30pm					