



# RUSHMOOR GYMNASTICS ACADEMY

## CLASS TIMETABLE 2018-2019

THE GYMNASTICS CENTRE, POOL ROAD, ALDERSHOT, HAMPSHIRE. GU11 3SN.

TEL: 01252 320888  
[WWW.RUSHGYM.CO.UK](http://WWW.RUSHGYM.CO.UK)

DAY	TIME	LEVEL OF CLASS	AGE RANGE
<b>MONDAY</b>	9:30-10:30	PLAYGYM	5 & UNDER
	1:30-2:30	PLAYGYM	5 & UNDER
	3:30-4:15	GYMJOY	3 1/2-5 YEARS
	4:00-5:00	GYMDREAMS	5-6 YEARS
	4:00-8:00	GIRLS TEAMS	BY ABILITY
	5:00-6:00	GYMSTARS	7-8 YEARS
	6:00-8:00	FLIPSTERS	9 YEARS+
	7:00-8:00	PILATES:ALL ABILITIES	OUTSIDE HIRE
<b>TUESDAY</b>	9:30-10:30	PLAYGYM	5 & UNDER
	10:00-11:00	PILATES:ALL ABILITIES	OUTSIDE HIRE
	11:40-12:25	BOUNCING BUNNIES	2 1/2 PLUS
	12:35-1:20	BOUNCING BUNNIES	2 1/2 PLUS
	1:30-2:30	PLAYGYM	5 & UNDER
	3:30-4:15	GYMJOY	3 1/2-5 YEARS
	4:00-5:00	GYMDREAMS	5-6 YEARS
	4:00-8:00	GIRLS TEAMS	BY ABILITY
	5:00-6:00	GYMSTARS	7-8 YEARS
	6:00-8:00	FLIPSTERS	9 YEARS+
	6:30-8:30	KARATE	OUTSIDE HIRE

<b>WEDNESDAY</b>	9:30-10:30	PLAYGYM	5 & UNDER
	10:45-11:30	KANGAROOS	18 MONTHS +
	11:40-12:25	BOUNCING BUNNIES	2 1/2 PLUS
	12:35-1:20	BOUNCING BUNNIES	2 1/2 PLUS
	1:30-2:30	PLAYGYM	5 & UNDER
	3:45-4:30	GYMJOY	3 1/2-5 YEARS
	4:00-5:00	GYMDREAMS	5-6 YEARS
	4:00-6:00	GIRLS TRIAL GROUP	BY ABILITY
	4:00-8:00	GIRLS TEAMS	BY ABILITY
	5:00-6:00	GYMSTARS	7-8 YEARS
	6:00-8:00	FLIPSTERS	9 YEARS+
	8:00-9:30	TEEN GYM	12YEARS+
	8:00-9:30	ADULT GYM	8:00-9:30
<b>THURSDAY</b>	9:30-10:30	PLAYGYM	5 & UNDER
	11:40-12:25	BOUNCING BUNNIES	2 1/2 PLUS
	12:35-1:20	BOUNCING BUNNIES	2 1/2 PLUS
	1:30-2:30	PLAYGYM	5 & UNDER
	3:45-4:30	GYMJOY	3 1/2-5 YEARS
	4:00-5:00	GYMDREAMS	5-6 YEARS
	5:00-6:00	GYMSTARS	7-8 YEARS
	6:00-8:00	FLIPSTERS	9 YEARS+
	7:00-8:00	PILATES: BEGINNERS	OUTSIDE HIRE
<b>FRIDAY</b>	9:30-10:30	PLAYGYM	5 & UNDER
	1:30-2:30	PLAYGYM	5 & UNDER
	4:00-5:00	GYMDREAMS	7-8 YEARS
	4:00-6:00	GIRLS DEV 2 & JUN 2	BY ABILITY
	4:00-6:30	GIRLS DEVELOPMENT	BY ABILITY
	5:00-6:00	GYMSTARS	7-8 YEARS
	5:00-8:00	GIRLS ELITE TEAM	BY ABILITY
	6:00-8:00	FLIPSTERS	9 YEARS+

<b>SATURDAY</b>	9:00-12:00	GIRLS TEAMS	BY ABILITY
	1:00-3:00	GIRLS TEAMS	BY ABILITY
	1:00-2:00	GYMDREAMS	RISING 5'S+
	2:00-3:00	GYMSTARS	6-8 YEARS
	3:30-5:30	PARTY HIRE AVAILABLE	BOOK VERY EARLY
	5:30-7:30	PARTY HIRE AVAILABLE	BOOK VERY EARLY
<b>SUNDAY</b>	9:00-1:00	GIRLS TEAMS	BY ABILITY
	1:30-3:30	PARTY HIRE AVAILABLE	BOOK VERY EARLY
	3:30-5:30	PARTY HIRE AVAILABLE	BOOK VERY EARLY
	5:30-7:30	TEEN GYM	12 YEARS+

## PRICES

PLAYGYM	£1 PER ADULT £2 PER CHILD
3/4 HOUR	£74 PER TERM
1 HOUR	£89 PER TERM
1.5 HOURS	£118 PER TERM
2 HOURS	£146 PER TERM
3 HOURS	£210 PER TERM
PLUS	£17 INSURANCE AND MEMBERSHIP TO BRITISH GYMNASTICS £11 UNDER 5'S

## FITNESS GYM

THE FITNESS GYM IS AVAILABLE FOR USE AT ALL OF THE ABOVE TIMES.

£4 A SESSION

£20 A MONTH

£35 A TERM

## HIRE

The gym is available for parties @£235 for two hours.

We are also available for hire from local groups for Martial Arts, Gymnastics, Pilates and other related activities.

The Dance Studio is also available. Prices on application.

**PARENTS: PLEASE ENSURE THAT LONG HAIR IS TIED BACK NEATLY AND THAT ANY JEWELLERY IS REMOVED BEFORE ATTENDING TRAINING.**