

Open Week Classes for Adults

All classes are subject to availability. Please contact us to confirm if a class has any spots left. Review our Terms and Conditions.

Monday, 8 September

9:00 AM - 10:00 AM	Adult Gymnastics Beginners
10:00 AM - 11:00 AM	Adult Gymnastics Intermediate
12:00 PM - 1:00 PM	Adult Gymnastics Beginners
1:00 PM - 2:00 PM	Adult Gymnastics Intermediate
8:00 PM - 9:00 PM	Adult Flexibility

Tuesday, 9 September

9:00 AM - 10:00 AM	Adult Gymnastics Beginners
10:00 AM - 11:00 AM	Adult Gymnastics Intermediate
12:00 PM - 1:00 PM	Adult Gymnastics Beginners
1:00 PM - 2:00 PM	Adult Gymnastics Intermediate
5:00 PM - 6:00 PM	Adult Flexibility
6:00 PM - 7:00 PM	Adult Cartwheel Masterclass
7:00 PM - 8:00 PM	Adult Gymnastics Intermediate
7:00 PM - 8:00 PM	Adult Street Dance Beginners
8:00 PM - 9:00 PM	Adult Gymnastics Beginners
8:00 PM - 9:00 PM	Adult Street Dance Intermediate

Wednesday, 10 September

8:00 AM - 9:00 AM	Adult Gymnastics Intermediate
9:00 AM - 10:00 AM	Adult Gymnastics Beginners
10:00 AM - 11:00 AM	Adult Gymnastics Intermediate
12:00 PM - 1:00 PM	Adult Gymnastics Beginners
1:00 PM - 2:00 PM	Adult Gymnastics Intermediate
8:00 PM - 9:00 PM	Adult Gymnastics Beginners
8:00 PM - 9:00 PM	Adult Contemporary Dance

Thursday, 11 September

9:00 AM - 10:00 AM	Adult Gymnastics Beginners
10:00 AM - 11:00 AM	Adult Gymnastics Intermediate
12:00 PM - 1:00 PM	Adult Gymnastics Beginners
1:00 PM - 2:00 PM	Adult Gymnastics Intermediate
6:00 PM - 7:00 PM	Adult Handstand Masterclass
7:00 PM - 8:00 PM	Adult Gymnastics Intermediate
7:00 PM - 8:30 PM	Adult Drama Class

Friday, 12 September

9:00 AM - 10:00 AM	Adult Gymnastics Beginners
10:00 AM - 11:00 AM	Adult Gymnastics Intermediate
12:00 PM - 1:00 PM	Adult Gymnastics Beginners
1:00 PM - 2:00 PM	Adult Gymnastics Intermediate
6:30 PM - 7:30 PM	Adult Beginners Tumbling Masterclass
7:30 PM - 8:30 PM	Adult Advanced Tumbling Masterclass