

PCYC HORNSBY KU-RING-GAI

2022 GYMNASTICS SCHEDULE TERM 3

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8.00AM						GYM* G 8.00-9.00
						GYM* Y 8.00-9.00
9.00AM						GYM M&STAR 8.00-9.00
						KINDERGYM 2-3yrs 9.00-9.45
			KINDERGYM 2-3yrs 9.30-10.15	KINDERGYM 2-3yrs 9.30-10.15		JUNIORGYM 4-5yrs 9.00-9.45
10.00AM	KINDERGYM 2-3yrs 10.15 - 11.00					KINDERGYM 2-3yrs 9.45-10.30
			KINDERGYM 2-3yrs 10.15am - 11.00am	JUNIORGYM 4-5yrs 10.15am - 11.00am		JUNIORGYM 4-5yrs 9.45-10.30
11.00AM	JUNIORGYM 4-5yrs 11.15am - 12.00pm					KINDERGYM 2-3yrs 10.45 - 11.30
			JUNIORGYM 4-5yrs 11.15am - 12.00pm			JUNIORGYM 4-5yrs 10.45-11.30
12.00PM						GYM* G 11.30-12.30
						GYM* Y 11.30-12.30
					JUNIORGYM 4-5yrs 3.15-4.00	PRE LEVELS 11.30-12.30
4.00PM	GYM * Y 4.00-5.00	GYM* G 4.00-5.00	GYM* G 4.00-5.00	GYM* G 4.00-5.00	GYM* G 4.00-5.00	LEVEL 1 11.30-12.30
	TRAMP FUN (DEVELOPMENT) 4.00-5.00	RHYTHMIC LEVEL 6+ 4.00 - 7.00	TRAMP FUN (DEVELOPMENT) 4.00-5.00	RHYTHMIC LEVELS 1-3 4.00-5.00	RHYTHMIC LEVELS 6+ 4.00-7.00	Recreational Programs GymStar G GymStar Y GymStar M GymStar Star GymStar Combo Tramp Development Free G - Parkour DEVELOPMENT & LEVELS PROGRAMS Pre Levels WAG - Womens Artistic RG - Rhythmic Gymnastics TRP - Trampoline Sports
	FREE G BEGINNER 4.00-5.00	WAG LEVEL 1 4.00-5.30	PRE LEVELS 4.00-5.00	RHYTHMIC LEVELS 6+ 4.00-7.00	WAG LEVEL 3 & 4 4.00-6.00	
5.00PM	GYM* M&STAR 5.00-6.00	PRE LEVELS 5.00-6.00	GYM * Y 5.00-6.00	GYM * Y 5.00-6.00	GYM * Y & M 5.00-6.00	
	TRAMP SKILLS 1 5.00-6.00	WAG LEVEL 2 5.30-7.00	GYM* M&STAR 5.00-6.00	RHYTHMIC LEVELS 4-5 5.00-7.00		
	FREE G INTERMEDIATE 5.00-6.00	WAG LEVEL 3 & 4 5.30-7.30	TRAMP SKILLS 5.00-6.00			
6.00pm	TEEN 11+ (TG) 6.00-7.00	TRAMP & DMT 6.00-8.00	GYM* Combo 8+ yrs 6.00-7.00		GYM* STAR 6.00-7.00	
	TRAMP SKILLS 2 6.00-7.00	TRAMP & DMT 6.00-8.00	TRAMP & DMT 6.00-7.30			
	FREE G ADVANCED 6.00-7.00					
7.00pm	ADULTS 7.00-8.00	TRAMP & DMT 7.00-8.00				