

PCYC HORNSBY KU-RING-GAI

2023 GYMNASTICS SCHEDULE TERM 1

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8.00AM						GYMSTAR S 8.00-9.00
						GYMSTAR T 8.00-9.00
						GYMSTAR A & R 8.00-9.00
9.00AM						KINDERGYM 2-3yrs 9.00-9.45
			KINDERGYM 2-3yrs 9.30-10.15	KINDERGYM 2-3yrs 9.30-10.15	KINDERGYM 2-3yrs 9.00am-9.45am	JUNIORGYM 4-5yrs 9.00-9.45
10.00AM						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						KINDERGYM 2-3yrs 10.45 -11.30
			JUNIORGYM 4-5yrs 11.15am - 12.00pm	JUNIORGYM 4-5yrs 11.15am - 12.00pm		JUNIORGYM 4-5yrs 10.45-11.30
12.00PM	JUNIORGYM 4-5yrs 11.30am - 12.15pm					GYMSTAR S & T 11.30-12.30
						GYMSTAR A & R 11.30-12.30
						PRE LEVELS 11.30-12.30
4.00PM					JUNIORGYM 4-5yrs 3.15-4.00	<b>RECREATIONAL PROGRAMS</b> GYMSTAR S GYMSTAR T GYMSTAR A GYMSTAR R GYMSTAR Combo TEEN Combo TRAMPOLINE DEVELOPMENT PARKOUR - FREE G  <b>DEVELOPMENT &amp; LEVELS PROGRAMS</b> Pre Levels WAG - Womens Artistic RG - Rhythmic Gymnastics TRP - Trampoline Sports
	GYMSTAR S & T 4.00-5.00	GYMSTAR S 4.00-5.00	GYMSTAR S 4.00-5.00	GYMSTAR S 4.00-5.00	GYMSTAR S 4.00-5.00	
	TRAMP DEVELOPMENT 4.00-5.00	PRE LEVELS 4.00-5.00	TRAMP DEVELOPMENT 4.00-5.00	RHYTHMIC LEVELS DEVELOPMENT 4.00-5.00	RHYTHMIC LEVELS 6+ 4.00-7.00	
	PARKOUR BEGINNER 4.00-5.00	WAG LEVEL 1 4.00-5.30		RHYTHMIC LEVELS 6+ 4.00-7.00	WAG LEVELS S&C 4.00-5.00	
		RHYTHMIC LEVEL 6+ 4.00-7.00		TRAMPOLINE DEVELOPMENT 4.00-5.00	WAG LEVEL 2 4.00-5.30 WAG LEVEL 3 4.00-6.00	
5.00PM	GYMSTAR A & R 5.00-6.00	GYMSTAR T 5.00-6.00	GYMSTAR T 5.00-6.00	GYMSTAR T 5.00-6.00	GYMSTAR T 5.00-6.00	
	TRAMP SKILLS 1 5.00-6.00	PRE LEVELS 5.00-6.00	GYMSTAR A & R 5.00-6.00	RHYTHMIC LEVELS 3-5 5.00-7.00		
	PARKOUR INTERMEDIATE 5.00-6.00	WAG LEVEL 2 5.30-7.00	TRAMP SKILLS 1 5.00-6.00	TRAMP SKILLS 1 5.00-6.00		
		WAG LEVEL 3 & 4 5.30-7.30				
6.00pm	TEEN COMBO 11+ yrs 6.00-7.00	TEAM GYM - NOVICE 6.00-7.00	GYM* Combo 8+ yrs 6.00-7.00	GYMSTAR A & R 6.00-7.00	GYMSTAR A & R 6.00-7.00	
	TRAMP SKILLS 2 6.00-7.00	TRAMP & DMIT 6.00-7.30	TRAMP & DMIT 6.00-7.30			
	PARKOUR ADVANCED 6.00-7.30					

 NEW IN 2023  
TG - Team Gym