

Classes 2018

BOOKINGS ESSENTIAL!

ADVANCED

Monday 7.00 - 8.30pm
Wednesday 7.00 - 8.30pm



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Adult Class 2018



Adult

Our Adult gymnastic class is a great place for those who have never done gym before, or those that have and would like to get back into it. Our coaches are highly qualified instructors with many years of experience, and will guide you safely through basic skills and extend your abilities to new levels.

The class offers all adult and Men's and women's supplementary classes.

We recommend that those joining this class should already have some degree of strength, flexibility and coordination. Whilst fitness is developed, a reasonable base level of fitness is required to properly participate.

With your first lesson being a **FREE** trial lesson, why not give it a shot?!

FEES: \$330 based on a 10 week school term
plus Gymnastics Australia membership.

