

MON

***TUMBLING**
ALL LEVELS
AGES 7+
6:00PM-7:15PM
£9.00

***TUMBLING**
ALL LEVELS
AGES 7+
7:45PM-9:00PM
£9.00

TUE

GYM TOTS
AGE: 6 MONTHS - 5 YEARS
2:00PM-3:00PM
£3.00 p/p

PRO-OPEN AERIAL
Professionals ONLY
3PM-5PM
£10.50

TUMBLING
ALL LEVELS
AGE 8+ / £9.00
5:00PM-6:30PM

FREERUNNING
ALL LEVELS
AGES 6+
5PM-6:30PM
£9.00

KIDS AERIAL SILK & HOOP
AGE 7-15
5PM-6:30PM / £10.50

TRAMPOLINING
STRUCTURE
(AGE 8 - ADULT)
5:30PM-7PM / £8.00

***ADULTS AERIAL**
SILKS & HOOP
AGE 16+ / 6:30PM-8PM
£12.50
MAX PLACES: 12

***ADULTS AERIAL OPEN**
(MUST HAVE EXPERIENCE)
8-9PM / £8.50
*** MULTIBUY £16**

FREERUNNING
ALL LEVELS
AGES 6+
6:30PM-8:00PM
£9.00

OPEN GYM
ALL LEVELS
8:00PM-9:30PM
£9.00 OR £6.50 WITH NUS
CARD

WED

***CHEER TUMBLING**
ALL LEVELS
AGES 5+
6PM-7:30PM
£9.00

***CHEER TUMBLING**
ALL LEVELS
AGES 5+
8PM-9:30PM
£9.00

THU

FREERUNNING
ALL LEVELS
AGES 6+
5PM-6:30PM
£9.00

KIDS OPEN GYM
***BANDED ONLY**
AGE 11-15
6:30PM-8PM
£9.00

TUMBLING
ALL LEVELS
AGES 7+
7PM-8:30PM
£9.00

ADULT TUMBLING
Structured
16+
8:15PM-9:45PM
£9.00

OPEN GYM
AGES 15+
8:15PM - 9:45PM
£9.00

FRI

TUMBLING
ALL LEVELS
AGES 10+
BOOK ONLINE
5:00PM - 6:30PM
£9.00

FREERUNNING
ALL LEVELS
AGES 6+
5PM-6:30PM
£9.00

TRICKING
(4 WEEK TASTER)
AGES 8+
8PM-9:00PM
£20 monthly
£8 drop-in

HIITFLEX
AGE 12+
6:30PM-7:30PM
£8.00

OPEN GYM
AGES 11+
6:30PM - 9:00PM
£10.00

SAT

GYM TOTS
AGE: 6 MONTHS - 5 YEARS
09:15AM-10:15AM
£3.00 p/p

TODDLER FREERUN
AGES 4-5
10:30AM-11:30PM
£8.00

FREERUNNING
ALL LEVELS
AGES 6+
10:30 - 12PM
£9.00

AIRBOUNCE
12PM-1:30PM
£7.50

FAMILY FREERUN
AGES 5+
12PM - 1:30PM
£6.50 per person
(Min of 2 people)*

***TUMBLING**
ALL LEVELS
AGE 7+
2PM - 3:30PM
3:30PM - 5:00PM
£9.00 p/s

FREERUNNING
ALL LEVELS
AGE 6+
2:30PM-4PM
£9.00

GO FLOW
STRUCTURE & OPEN
AGES 11+
4PM - 5PM
£8.00

FREERUNNING
ALL LEVELS
AGES 6+
4PM-5:30PM
£9.00

ADULT OPEN GYM
AGE 16+
6:30PM-9:30PM
£11.00

SUN

GYM TOTS
AGE: 6 MONTHS - 5 YEARS
09:00AM-10:00.AM
£3.00 p/p

GYMNASTICS
10:00AM - 11:30AM
AGES 5-10
£9.00

TODDLER FREERUN
(STRUCTURED)
AGES 4-5
10:00AM-11:00AM
£8.00

FREERUNNING
BEGINNERS ONLY
AGES 6+
10:00AM - 11:30AM
£9.00

KIDS FREERUN
BANDED ONLY
AGE N/A
11:30AM-1PM / £9.00

AIRBOUNCE
(AGE 8-ADULT)
11.30AM-1:00PM / £8.00

FREERUNNING
ALL LEVELS
AGES 6+
1:30PM-3PM/ £9.00

FAMILY FREERUN
AGES 5+
3PM - 4:30PM / £6.50 p/p
(Min of 2 people)*

TEEN OPEN GYM
'BANDED ONLY'
AGE 11-15 / 3PM-4:30PM
£9.00

***ADULT FREERUN**
STRUCTURE
4:30PM-6:00PM
£9.00

***ADULT OPEN GYM**
AGE 16+
4:30PM-7:30PM
£11.00



OPENING TIMES

Term Time
Mon-Fri: 16:30 - 21:30
Sat: 10:00 - 21:30
Sun 10:00 - 19:30

HIRE OF DANCE SPACE
GROUP £12 / SINGLE £3

TEAM ESCAPE OPEN GYM
1ST SATURDAY OF THE
MONTH
4:30-7:30PM / £6.00

OPEN CHEER
LAST SUNDAY OF THE MONTH
4:30PM-8:30PM / £10.00

TUMBLE CAMP
2ND SUNDAY OF THE MONTH
4:30PM-7:30PM / £12.50

AIR5CORPS TRAINING
1ST & 3RD SUNDAY
4:30PM-8:30PM

PARTIES
WEEKDAYS / 4PM-5:30PM
SATURDAY / 12PM-2PM
SUNDAY / 10:30AM-12:30PM

***ALL MULTI BUY CLASSES £15.00**
BACK 2 BACK

ADULT FREERUN & STRUCTURE
£11.00 FOR BOTH

For more information please
contact us on the below.

0151 345 6112