

After School Timetable 2021-2022: General Gymnastics with Trampoline training. Synergy sessions also include Choreography & Acrobatic Gymnastics training

	16:00-17:00	17:00-18:00	18:00-19:00	19:00-20:00
MONDAY	Reception/Year 1 (ages 4-6y)	Year 2/Year 3 (ages 6-8y)	Year 4+ (age 8y+)	
TUESDAY	Reception/Year 1 (ages 4-6y)	Year 2/Year 3 (ages 6-8y)	Year 4/5 (age 8-10y)	Year 6+ (age 10y+)
			2h session, ages 8-14y (6-8pm)	
WEDNESDAY	Reception/Year 1 (ages 4-6y)	Year 2/Year 3 (ages 6-8y)	Year 4+ (age 8y+)	
		17:00-19:00 Synergy Junior, ages 6-14y		
THURSDAY	Reception/Year 1 (ages 4-6y)	Year 2/Year 3 (ages 6-8y)	Year 4+ (age 8y+)	
FRIDAY	Reception/Year 1 (ages 4-6y)	Year 2/Year 3 (ages 6-8y)		
	2h session, ages 5-8y (4-6pm)		Synergy Senior, ages 8-17y (6-8pm)	
	09:00-10:00	10:00-11:00	11:00-12:00	12:00-13:00
SATURDAY	Reception/Year 1 (ages 4-6y)	Year 2/Year 3 (ages 6-8y)	Year 4+ (age 8y+)	
	2h session, ages 5-8y (9-11am)		2h session, ages 8-17y (11-1pm)	

*Squad training runs alongside this timetable, please email admin@twistersgymnasticsclub.com regarding trials