

After School Timetable: All sessions are General Gymnastics with Trampoline training
 Synergy sessions also include Choreography training

2021-2022

	4:00 - 5:00 pm	5:00 - 6:00 pm	6:00 - 7:00 pm	7:00 – 8:00 pm
MONDAY	Reception/year 1	Year 2/3	Year 4/5	
TUESDAY	Reception/year 1	Year 2/3	Year 4/5	
			6-8pm, 2 hour session (age 8-14y)	
WEDNESDAY	Reception/year 1	Year 2/3	Year 4/5	
		5-7pm, Synergy Junior (age 6-14y)		
THURSDAY	Reception/year 1	Year 2/3	Year 4/5	
FRIDAY	Reception/year 1	Year 2/3	6-8pm, Synergy Senior (age 7-17y)	
	4-6pm, 2h session (age 5-8)			

	9:00 – 10:00 am	10:00 -11:00 am	11:00 -12:00 pm	12:00 -1:00 pm
SATURDAY	Reception/year 1	Year 2/3	Year 4/5	
	4-6pm, 2h session (age 5-8)		11-1pm 2 hour session (age 8-14y)	