

PLAN YOUR FUN FOR THE WEEK

NOTE: ALL sessions are ONE HOUR unless otherwise stipulated. General work-outs continue EVERY HOUR ON THE HOUR in addition to the classes.

TIME:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
09:00	Schools	Schools	Schools	Schools	Schools	KidsGymTots (18mths-4yrs)	KidsGymTots (18mths-4yrs)
10:00	Schools	KidsGymTots (18mths-4yrs)	Schools	KidsGymTots (18mths-4yrs)	Schools	Mini-Movers (3-4yrs)	Fit Fives (5yrs)
11:00	Schools	Home School (4yrs+)	Schools	Home School (4yrs+)	Schools	Fit Fives (5yrs)	Mini-Movers (3-4yrs)
12:00	Open Age	Open Age	Open Age	Open Age	Open Age	Hotshots (6-8yrs)	Warriors (9-11yrs)
13:00	Open Age	Open Age	Open Age	Open Age	Open Age	Warriors (9-11yrs)	Hotshots (6-8yrs)
14:00	Mini-Movers (3-4yrs)	Fit Fives (5yrs)	KidsGymTots (18mths-4yrs)	Mini-Movers (3-4yrs)	KidsGymTots (18mths-4yrs)	Tumbling (4yrs+)	Functional Fitness (12-15yrs)
15:00	Fit Fives (5yrs)	Hotshots (6-8yrs)	Mini-Movers (3-4yrs)	Warriors (9-11yrs)	Fit Fives (5yrs)	Ball Skills (4yrs+)	
16:00	Hotshots (6-8yrs)	Ball Skills (4yrs+)	Warriors (9-11yrs)	Hotshots (6-8yrs)	Ball Skills (4yrs+)	Aerobics (5yrs+)	
17:00	Warriors (9-11yrs)	Functional Fitness (12-15yrs)	Aerobics (5yrs+)	Functional Fitness (12-15yrs)	Tumbling (4yrs+)		
18:00					Open Gym		



ADDRESS: Cedar Square Shopping Centre, Cedar Road, Fourways, Johannesburg
 TEL: 010 601 6444 EMAIL: jhb@thekidsgym.co.za WEBSITE: www.thekidsgym.co.za



LEARN HOW TO UNLEASH YOUR INNER NINJA

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10:00	Schools	Schools	Schools	Schools	Schools
11:00	Schools	Schools	Schools	Schools	Schools
12:00	Schools	Schools	Schools	Schools	Schools
13:00	Schools	Schools	Schools	Schools	Schools
14:00	Lil Ninja (3-5yrs)		Lil Ninja (3-5yrs)		Lil Ninja (3-5yrs)
15:00	White Ninja (5-8yrs)	Lil Ninja (3-5yrs)	White Ninja (5-8yrs)	Lil Ninja (3-5yrs)	White Ninja (5-8yrs)
16:00	White Ninja (8+yrs)	White Ninja (5-8yrs)	White Ninja (8+yrs)	White Ninja (5-8yrs)	White Ninja (8+yrs)
17:00	Yellow Ninja (6-12yrs)	White Ninja (8+yrs)	Yellow Ninja (6-12yrs)	White Ninja (8+yrs)	Yellow Ninja (6-12yrs)

TIME:	SATURDAY	SUNDAY
10:00	Lil Ninja (3-5yrs)	Lil Ninja (3-5yrs)
11:00	White Ninja (5-8yrs)	White Ninja (5-8yrs)
12:00	White Ninja (8+yrs)	White Ninja (8+yrs)



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