

# THE KIDS GYM TIMETABLE



**NOTE: ALL sessions are ONE HOUR unless otherwise stipulated. General work-outs continue EVERY HOUR ON THE HOUR in addition to the classes. All classes/open workouts are for ages 4yrs+ unless otherwise stipulated.**

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
09h00-10h00			Witkoppenschool			KidsGym Tots (18mths-4yrs)	KidsGym Tots (18mths-4yrs)
						Gymnastics (All levels)	Hot Shots (6-8yrs)
10h00-11h00		KidsGym Tots (18mths-4yrs)	Witkoppenschool	KidsGym Tots (18mths-4yrs)		Lil' Ninja (3-5yrs)	Little Stars (3-4yrs)
						Skipping (All levels)	Six Pack Core (8yrs+)
11h00-12h00		Homeschool Ninja				White Ninja (All levels)	Fit Fives (5yrs)
						Yellow Ninja (All levels)	
12h00-13h00		Homeschool		Homeschool		Open Workout	Special Needs
13h00-14h00	Special Needs		Special Needs	Homeschool Ninja		Open Workout	Open Workout
14h00-15h00	Lil' Ninja (3-5yrs)	Little Stars (3-4yrs)		KidsGym Tots (18mths-4yrs)		Open Workout	Open Workout
15h00-16h00	White Ninja (Beginners)	Fit Fives (5yrs)	Lil' Ninja (3-5yrs)	Hot Shots (6-8yrs)	Skipping (Level 1)	Open Workout	
	Skipping (Level 1)	Core Cond. (4-7yrs)		Little Stars (3-4yrs)	Yoga (4-6yrs) 15h00-15h30		
					Yoga (7yrs+) 15h30-16h00		
16h00-17h00	Yellow Ninja (Beginners)	Gymnastics (Beginners)	Skipping (Level 1)	White Ninja (Advanced)	Gymnastics (Intermediate)	Open Workout	
	Ball Skills (4-6yrs)		White Ninja (Beginners)	Ball Skills (7yrs+)			
17h00-18h00	Warriors (9-11yrs)	Six Pack Core (8yrs+)	Functional Fitness (11yrs+)	Yellow Ninja (Advanced)	Open Gym		