

J STAR GYMNASTICS TIMETABLE 2024

	A	B	C	D	E	F	G
1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
2	09:50 - 10:35 - Preschool Stars P/C 2 - 3 years					8:45 - 09:30 Preschool Stars P/C 2 - 3 years	Reserved for Birthday Parties & Events
3	10:55 - 11:55 Preschool Open Play Walking - 5 years					9:40 - 10:25 Preschool Stars P/C 2 - 3 years	
4						10:35-11:20 Preschool Stars P/C 2 - 3 years	
5						09:45 - 10:15 TRAMPOLINING 6 - 16 years	
6						10:15 - 10:45 TRAMPOLINING 6 - 16 years	
7						10:45 - 11:15 TRAMPOLINING 6 - 16 years	
8	15:45 - 16:25 Little Stars 4 - 5 years		15:45 - 16:25 Little Stars 4 - 5 years	15:45 - 16:25 Little Stars 4 - 5 years	15:45 - 16:25 Little Stars 4 - 5 years	11:30 - 12:30 Little Stars 4 - 5 years	
9						13:00 - 13:55 Rising Stars 5 - 7 years	
10		17.30-18.00 TRAMPOLINING 8 - 16 years	17.30-18.00 TRAMPOLINING 8 - 16 years			14:00 - 17:00 SQUAD (Top group Only)	
11		18.00-18.30 TRAMPOLINING 8-16 years	18.00-18.30 TRAMPOLINING 8-16 years			14:00 - 14:55 Mixed Stars 6 - 16 years	
12			18.30-19.00 TRAMPOLINING 8-16 years			15:00 - 17:00 SQUAD (All other group's)	
13			19.00-19.30 TRAMPOLINING 8-16 years				
14	16:30 - 17:25 Rising Stars 5 - 7 years	16:30 - 17:25 Rising Stars 5 - 7 years	16:30 - 17:25 Rising Stars 5 - 7 years	16:30 - 17:25 Rising Stars 5 - 7 years	16:30 - 17:25 Rising Stars 5 - 7 years		
15	16:30-17:30 Ninja Stars 5-7 years					16:30-17:30 Ninja Stars 4-6 years	
16	17:30 - 18:25 Rising Stars 5 - 7 years	17:30 - 18:25 Shooting Stars 8 - 16 years	17:30 - 18:25 Shooting Stars 8 - 16 years	17:30 - 18:25 Mixed Stars 6 - 16 years	17:30 - 18:25 Mixed Stars 6 - 16 years		
17	17:30-18:30 Ninja Stars 6-10 years					17:30-18:30 Ninja Stars 6-8 years	
18		18:30 - 19:30 Mixed Stars 6 - 16 years	18:30 - 19:30 Mixed Stars 6 - 16 years			18:30 - 19:30 Mixed Stars 6 - 16 years	
19	18:30-19:30 Ninja Stars 10-16 years	18:30-19:30 Ninja Stars 6-16 years		SEN SESSION 18:30-19:30 4-15 years		18:30-19:30 Ninja Stars 6-16 years	

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	A	B	C	D	E	F	G
20		Trampolining Classes - 6 - 8 years and 8 - 16 years					
21		Gymnastics - Preschool Stars Classes - 2 & 3 years					
22		Gymnastics - Little Stars Classes - 4 & 5 years					
23		Gymnastics - Rising Stars Classes - 5 - 7 years					
24		Gymnastics - Shooting Stars Classes - 8 - 16 years					
25		Gymnastics - Mixed Stars Classes - 6 - 16 years					
26		Ninja Stars - (Parkour, Gymnastics, Martial Arts & Freestyle) - 4 - 16 years					
27		Preschool Open Play - Walking to 5 years. £3.50 PAYG					
28		Development squads (Invite Only)					
29		SEN session - 4-15 years. Gymnastics.					