RISE GYMNASTICS TIMETABLE 24/25

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| **AGE RANGE**  | **DISCOVER****AGE 3-5**  | **EXPLORE****AGE 5-7** | **EXPLORE****AGE 7-10** | **EXCEL****AGE – SELECTIVE**  | **SELECTED** **SQUAD**  |
| **MONDAY** | **RISE DISCOVER** **2:30PM- 3:20PM**  | **RISE EXPLORE****3:30PM-4:30PM** | **RISE EXPLORE****4:30PM-5:30PM** |  |  |
| **TUESDAY**  |  | **RISE EXPLORE** **3:30PM-4:30PM** | **RISE EXPLORE****4:30PM-5:30PM** | **RISE EXCEL** **5:30PM-7:00PM** |  |
| **WEDNESDAY** |  | **RISE EXPLORE****3:30PM-4:30PM** |  | **RISE EXCEL** **4:30PM-6:00PM** | **MGA CLUB 1****6:00PM-8:00PM** |
| **THURSDAY** | **RISE DISCOVER****2:30PM- 3:20PM** | **RISE EXPLORE** **3:30PM-4:30PM** | **RISE EXPLORE** **4:30PM-5:30PM** |  |  |
| **FRIDAY** |  | **RISE EXPLORE****3:30PM-4:30PM**  | **RISE EXPLORE****4:30PM-5:30PM** | **RISE EXCEL** **5:30PM-7:00PM** |  |
| **SATURDAY** | **RISE DISCOVER** **9AM- 9:50AM**  | **RISE EXPLORE** **10AM-11AM**  | **RISE EXPLORE** **11AM-12PM** | **RISE EXPLORE****12PM-1PM** | **RISE EXPLORE****1PM-2PM** |
| **DD’S**  | **£28.20** | **£28.20** | **£28.20** | **£35.30** | **£41.85** |