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** |