|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **GYMNASTICS**  **RECREATIONAL PROGRAMME** | | | | | | | |
| **CLASSES** | **HOME**  **EDUCATION**  **(RISE EXPLORE)** | **FUNDAMENTAL**  **STAGE 3**  **(RISE DISCOVER)** | **CORE PROFICIENCY STAGE 1**  **(RISE EXPLORE)** | **CORE PROFICIENCY**  **STAGE 2**  **(RISE EXPLORE)** | **ADVANCED PROFICIENCY**  **(RISE EXCEL)** | **FREE G** | **MGA CLUB**  **1**  **(RISE EXCEL)** |
| **GUIDANCE AGE** | **P1-P7** | **3-5 Years old** | **5-7 years old** | **8+ Years** |  | **6-12 Years** |  |
| **MONDAY** |  | 2:30-3:30  **Alisha M, Rebekah** | 3:30-4:30  **Alisha M, Rebekah** | 4:30-5:30  **Alisha M, Rebekah** |  | 5:30-6:30  **Alisha M, Reb** |  |
| **TUESDAY** |  |  | 3:30-4:30  **Jessica, Alicia G** | 4:30-5:30  **Jessica, Alicia G** | 5:30- 7:00  **Jessica, Alicia G** |  |  |
| **WEDNESDAY** |  |  | 3:30-4:30  **Sophie, Alicia G** | 3:30-4:30  **Sophie, Alicia G** | 4:30-6:00  **Sophie, Alicia G** |  | 6:00-8:00  **Sophie, AG** |
| **THURSDAY** | 1:00-2:00  **Alicia G, Reb** | 2:30-3:30  **Alicia G, Reb** | 3:30-4:30  **Alicia G, Reb** | 4:30-5:30  **Alicia G, Reb** |  |  |  |
| **FRIDAY** |  |  | 2:30-3:30  3:30-4:30  **Sophie, Alicia G** | 4:30-5:30  **Sophie, Alicia G** | 5:30-7:00  **Sophie, Alicia G** |  |  |
| **SATURDAY** |  | 9:00-10:00  **Alicia G, Molly** | 10:00-11:00  11:00-12:00  **Alicia G, Molly** | 12:00-1:00  1:00-2:00  **Alicia G, Molly** |  |  |  |
| **DD NAME** |  | **STANDARD DD 1**  **£26.85** | **STANDARD DD 1**  **£26.85** | **STANDARD DD 1**  **£26.85** | **LEVEL 2 £33.85** | **STANDARD DD**  **£26.85** | **CLUB DD**  **£39.85** |