|  |
| --- |
|   **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** |  |  | 2:30-3:303:30-4:30**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** | 10:00-11:0011:00-12:00**Alicia G, Molly** | 12:00-1:001:00-2:00**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** |