

Urban Gymnastics' Program List 2012



Day	Location	Time	Program	Level	Ages
Sunday			No classes		
Monday	Sleeman Sports Centre, Chandler	7:15pm-9:15pm	Tricking Gymnastics Tumbling Gymnastics Strength & Conditioning	Intermediate to Advanced Beginners to Advanced Beginners to Advanced	12+ by invite only 16+ 16+
	MA Howell Indoor Sports Centre, BGS, Spring Hill	7:00pm-9:00pm	Parkour - Indoor Intermediate Class Gymnastics Apparatus Skills Gymnastics Apparatus Strength & Conditioning	Intermediate Beginners to Advanced Beginners to Advanced	16+ 16+ 16+
Tuesday	MA Howell Indoor Sports Centre, BGS, Spring Hill	7:00pm-9:00pm	Gymnastics Tumbling Gymnastics Strength & Conditioning	Beginners to Advanced Beginners to Advanced	16+ 16+
Wednesday	Sleeman Sports Centre, Chandler	7:15pm-9:15pm	Tricking Gymnastics Tumbling Gymnastics Strength & Conditioning	Intermediate to Advanced Intermediate to Advanced Intermediate to Advanced	16+ 16+ 16+
	MA Howell Indoor Sports Centre, BGS, Spring Hill	7:00pm-9:00pm	Parkour - Indoor Basics Class Gymnastics Apparatus Skills Gymnastics Apparatus Strength & Conditioning	Beginners to Intermediate Intermediate to Advanced Intermediate to Advanced	16+ 16+ 16+
	Somerville House	7:00pm-9:00pm	Parkour - Jump Conditioning (La Vie Du Saut)	Beginners to Advanced	12+
Thursday	MA Howell Indoor Sports Centre, BGS, Spring Hill	7:00pm-9:00pm	Gymnastics Tumbling Gymnastics Strength & Conditioning	Intermediate to Advanced Beginners to Advanced	16+ 16+
Friday	Sleeman Sports Centre, Chandler	7:15pm-9:15pm	Tricking Gymnastics Tumbling Gymnastics Strength & Conditioning	Beginners to Advanced Beginners to Advanced Beginners to Advanced	12+ 12+ 12+
	Sports Centre, Somerville House, South Bank	7:00pm-9:00pm	Parkour - Open Session	Beginners to Advanced	12+
Saturday	MA Howell Indoor Sports Centre, BGS, Spring Hill	2:00pm-4:00pm	Tricking Gymnastics Tumbling Gymnastics Strength & Conditioning	Beginners to Advanced Beginners to Advanced Beginners to Advanced	12+ 12+ 12+

Please note: Check out the calendar at www.urbangymnastics.com.au for class dates. Classes may not be operating on Public Holidays or may be cancelled at any time due to maintenance or competitions etc. Urban Gymnastics will make every effort to make classes available on all nights possible.

Class Prices

\$20	Single Casual Session	Terms and Conditions: payments are non-refundable, 10 session passes are not transferable, service may cease without notice or refund, if you are asked to leave the class for whatever reason no refund will be given, full payment is required at time of purchase, ten session pass is valid for six months from date of purchase, not to be used in conjunction with any other promotion or offer, not to be used in conjunction with any other promotion or offer.
\$165	10 Session Pass	