

## J STAR GYMNASTICS TIMETABLE 2025

	A	B	C	D	E	F	G
1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
2	09:50 - 10:35 - Preschool Stars P/C 2 - 3 years					8:45 - 09:30 Preschool Stars P/C 2 - 3 years	Reserved for Birthday Parties & Events
3	10:55 - 11:55 Preschool Open Play Walking - 5 years					9:40 - 10:25 Preschool Stars P/C 2 - 3 years	
4						10:35-11:20 Preschool Stars P/C 2 - 3 years	
5	15:45 - 16:25 Little Stars 4 - 5 years		15:45 - 16:25 Little Stars 4 - 5 years		15:45 - 16:25 Little Stars 4 - 5 years	11:30 - 12:30 Little Stars 4 - 5 years	
6	16:00-16.30 TRAMPOLINING 8 years		17.00-17.30 TRAMPOLINING 8 - 16 years			13:00 - 13:55 Rising Stars 5 - 7 years	
7		17.30-18.00 TRAMPOLINING 8 - 16 years	17.30-18.00 TRAMPOLINING 8 - 16 years			14:00 - 17:00 SQUAD (Top group Only)	
8		18.00-18.30 TRAMPOLINING 8-16 years	18.00-18.30 TRAMPOLINING 8-16 years			14:00 - 14:55 Mixed Stars 6 - 16 years	
9		18.30-19.00 TRAMPOLINING 8-16 years	18.30-19.00 TRAMPOLINING 8-16 years			15:00 - 17:00 SQUAD (All other group's )	
10			19.00-19.30 TRAMPOLINING 8-16 years				
11	16:30 - 17:25 Rising Stars 5 - 7 years	16:30 - 17:25 Rising Stars 5 - 7 years	16:30 - 17:25 Rising Stars 5 - 7 years	16:30 - 17:25 Rising Stars 5 - 7 years	16:30 - 17:25 Rising Stars 5 - 7 years		
12	16:30-17:30 Ninja Stars 5-7 years						
13	17:30 - 18:25 Rising Stars 5 - 7 years	17:30 - 18:25 Shooting Stars 8 - 16 years	17:30 - 18:25 Shooting Stars 8 - 16 years	17:30 - 18:25 Mixed Stars 6 - 16 years	17:30 - 18:25 Mixed Stars 6 - 16 years		
14	17:30-18:30 Ninja Stars 6-10 years				17:30-18:30 Ninja Stars 6-8 years		
15		18:30 - 19:30 Mixed Stars 6 - 16 years	18:30 - 19:30 Mixed Stars 6 - 16 years		18:30 - 19:30 Mixed Stars 6 - 16 years		
16	18:30-19:30 Ninja Stars 10-16 years	18:30-19:30 Ninja Stars 6-16 years		SEN SESSION 18:30-19:30 4-15 years	18:30-19:30 Ninja Stars 6-16 years		
17		Trampoline Classes - 6 - 8 years and 8 - 16 years					
18		Gymnastics - Preschool Stars Classes - 2 & 3 years					
19		Gymnastics - Little Stars Classes - 4 & 5 years					
20		Gymnastics - Rising Stars Classes - 5 - 7 years					
21		Gymnastics - Shooting Stars Classes - 8 - 16 years					
22		Gymnastics - Mixed Stars Classes - 6 - 16 years					
23		Ninja Stars - (Parkour, Gymnastics, Martial Arts & Freestyle) - 4 - 16 years					
24		Preschool Open Play - Walking to 5 years. £3.50 PAYG					
25		Development squads (Invite Only)					
26		SEN session - 4-15 years. Gymnastics.					