

Ramadan class timetable

9 March to 8 April 2024

Daily schedule - Monday

Time		Youssef	Caitlyn	Aram	Mirela	Megan	Shauna	Ahmed	Sarah	Adarsh	Ilya	Hatam		
9:00	9:30													
9:30	10:00								Gym Tots					
13:00	13:30													
13:30	14:00									Assessment				
14:00	14:30		Pre-School	Assessment			Pre-School							
14:30	15:00	Pre-School			Pre-School					Recreational 1 & 2				
15:00	15:30											Pre Mini Boys		
15:30	16:00	Recreational 1 & 2	Foundation Squad	Foundation Squad		Development Squad				Recreational Boys 5-7	Development Boy Squad			
16:00	16:30				Advanced Rhythmic 5-6yrs		Pre Elite							
16:30	17:00	Recreational 3 & 4						Elite Girls		Recreational 3 & 4		Pre Elite Boys		
17:00	17:30		Recreational 3 & 4											
17:30	18:00	Recreational 4 & 5		Advanced Recreational	Rhythmic 8+yrs	Tumbling & Trampoline				Recreational Boys 8+	Recreational 4 & 5			
18:00	18:30													
20:00	21:00													
21:00	21:30										Adults			

Daily schedule - Tuesday

Time		Colin	Caitlyn	Aram	Mirela	Megan	Shauna	Ahmed	Sarah	Adarsh	Ilya	Hatam		
9:00	9:30													
9:30	10:00													
13:00	13:30													
13:30	14:00									Assessment				
14:00	14:30	Pre-School	Pre-School	Assesment			Pre-School							
14:30	15:00				Pre-School					Recreational 1 & 2				
15:00	15:30	Recreational 1 & 2	Recreational 3 & 4							Recreational Boys 5-7		Pre Mini Boys		
15:30	16:00			Foundation Squad		Mini Squad					Development Boy Squad			
16:00	16:30	Recreational 4 & 5	Recreational 3 & 4		Rhythmic 5+yrs		Pre Elite		Pre Elite					
16:30	17:00							Elite Girls		Recreational 3 & 4		Pre Elite Boys		
17:00	17:30									Recreational Boys 8+				
17:30	18:00	Foundation Squad	Intermediate Recreational	Advanced Recreational	Advanced Rhythmic 7+yrs	Foundation Squad					Recreational 4 & 5			
18:00	18:30													
21:00	21:00													
21:00	21:30													

Daily schedule - Wednesday

Time		Kathryn	Caitlyn	Aram	Mirela	Megan	Shauna	Ahmed	Sarah	Adarsh	Ilya	Hatam	Yossef	
9:30	10:00						Gym Tots							
10:00	10:30													
13:00	13:30													
13:30	14:00		Pre-School	Assessment			Pre-School			Assessment				
14:00	14:30				Pre-School					Recreational 1 & 2			Pre-School	
14:30	15:00	Recreational 1 & 2	Foundation Squad	Foundation Squad		Development Squad						Pre Mini Boys	Recreational 1 & 2	
15:00	15:30									Recreational Boys 5-7	Development Boy Squad			
15:30	16:00	Recreational 3 & 4			Advanced Rhythmic 5+yrs		Pre Elite		Pre Elite					
16:00	16:30							Elite Girls		Recreational 3 & 4		Pre Elite Boys	Recreational 3 & 4	
16:30	17:00	Recreational 1 & 2	Recreational 1 & 2	Advanced Recreational	Rhythmic 8+yrs	Tumbling & Trampoline				Recreational Boys 8+	Recreational 4 & 5		Recreational 4 & 5	
17:00	17:30													
17:30	18:00													
18:00	18:30													
20:00	21:00										Adults			
21:00	21:30													

Daily schedule - Thursday

Time		Colin	Caitlyn	Aram	Mirela	Megan	Shauna	Ahmed	Sarah	Adarsh	Ilya	Youssef	Hatam	
9:30	10:00													
12:00	13:00													
13:00	13:30													
13:30	14:00									Assessment				
14:00	14:30	Pre-School	Pre-School	Assessment			Pre-School							
14:30	15:00				Pre-School					Pre-School				
15:00	15:30	Recreational 1 & 2	Recreational 3&4	Foundation Squad						Recreational Boys 5-7	Foundation Squad	Recreational 1 & 2	Pre Mini Boys	
15:30	16:00					Mini Squad								
16:00	16:30	Recreational 4 & 5	Recreational 3 & 4		Rhythmic 5-7+yrs		Pre Elite		Pre Elite	Recreational 3 & 4		Recreational 1 & 2		
16:30	17:00							Elite Girls					Pre Elite Boys	
17:00	17:30		Intermediate Recreational											
17:30	18:00	Foundation Squad		Advanced Recreational	Advanced Rhythmic 7+yrs	Foundation Squad				Recreational Boys 8+	Advance Recreational	Recreational Beginners		
18:00	18:30													
18:30	19:00													

Daily schedule - Friday

Time		Kathryn	Caitlyn	Aram	Mirela	Megan	Shauna	Ahmed	Sarah	Adarsh	Ilya	Hatam	Andrea	
9:30	10:00								Gym Tots					
10:00	10:30													
13:00	13:30						Pre-School							
13:30	14:00		Pre-Mini		Pre-School	Pre-Mini			Recreational 1 & 2	Recreational 1 & 2				
14:00	14:30			Recreational 1 & 2			Pre Elite	Elite Girls			Development Boy Squad			
14:30	15:00									Recreational 1-2		Pre Elite Boys		
15:00	15:30	Recreational 1 & 2	Foundation Squad	Recreational 3 & 4	Rhythmic 8+yrs	Mini Squad			Pre Elite					
15:30	16:00									Recreational Boys 5 – 7yrs	Development Squad		Foundation Squad	
16:00	16:30	Recreational 3 & 4		Advanced Recreational	Advanced Rhythmic 5-6yrs									
16:30	17:00									Recreational Boys 8+				
17:00	17:30	Recreational 1 & 2												
17:30	18:00													
18:00	18:30													
21:00	21:00													
21:00	21:30													

Daily schedule - Saturday

[illegible]

Daily schedule - Sunday

Time		Adarsh	Colin	Time		Megan	Shauna	Lola	Renjith	Youssef				
9:00	9:45	Recreational 1 & 2	Foundation Squad	10:45	11:30									
9:30	10:00				11:45	12:30		Gym Tots						
10:00	10:30	Recreational Boys 5-7			12:30	13:00	Pre Mini		Pre-School		Recreational 4 & 5			
10:30	11:00			13:00	13:30			Pre-School						
11:00	11:30	Recreational Boys 8+	Recreational 3-4	13:30	14:00		Pre-School		Pre-School					
11:30	12:00				14:00	14:30				Recreational 1 & 2	Pre-School			
12:00	12:30			14:30	15:00	Mini Squad	Recreational 3 & 4			Recreational 1 & 2				
12:30	13:00	Recreational 1 & 2		15:00	15:30									
13:00	13:30			15:30	16:00			Foundation Squad		Recreational 3 & 4				
13:30	14:00	Pre-School		16:00	16:30									
14:00	14:30			16:30	17:00									
14:30	15:00	Assessment		17:00	17:30	Development Squad								
				17:30	18:00									
			18:00	18:30										