

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	Pre-School	Assessment			Pre-School					
14:30	15:00	Pre-School			Pre-School					Recreational 1 & 2		
15:00	15:30	Recreational 1 & 2	Foundation Squad	Foundation Squad						Recreational Boys 5-7		Pre Mini Boys
15:30	16:00					Development Squad					Development Boy Squad	
16:00	16:30	Recreational 3 & 4			Advanced Rhythmic 5-6yrs		Pre Elite			Recreational 3 & 4		
16:30	17:00		Recreational 3 & 4					Elite Girls				Pre Elite Boys
17:00	17:30	Recreational 4 & 5		Advanced Recreational	Rhythmic 8+yrs	Tumbling & Trampoline				Recreational Boys 8+	Recreational 4 & 5	
17:30	18:00											
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	Pre-School	Pre-School	Assesment			Pre-School			Assessment		
14:00	14:30	Pre-School	Pre-School	Assesment	Pre-School		Pre-School			Recreational 1 & 2		
14:30	15:00	Recreational 1 & 2	Recreational 3 & 4	Assesment	Pre-School	Mini Squad				Recreational 1 & 2		
15:00	15:30	Recreational 1 & 2	Recreational 3 & 4	Assesment		Mini Squad				Recreational Boys 5-7	Development Boy Squad	Pre Mini Boys
15:30	16:00	Recreational 4 & 5	Recreational 3 & 4	Foundation Squad	Rhythmic 5+yrs	Mini Squad	Pre Elite		Pre Elite	Recreational Boys 5-7	Development Boy Squad	
16:00	16:30	Recreational 4 & 5	Recreational 3 & 4	Foundation Squad	Rhythmic 5+yrs	Mini Squad	Pre Elite	Elite Girls	Pre Elite	Recreational 3 & 4	Development Boy Squad	
16:30	17:00	Foundation Squad	Intermediate Recreational	Advanced Recreational	Advanced Rhythmic 7+yrs	Foundation Squad				Recreational 3 & 4	Development Boy Squad	Pre Elite Boys
17:00	17:30	Foundation Squad	Intermediate Recreational	Advanced Recreational	Advanced Rhythmic 7+yrs	Foundation Squad				Recreational Boys 8+	Recreational 4 & 5	
17:30	18:00	Foundation Squad	Intermediate Recreational	Advanced Recreational	Advanced Rhythmic 7+yrs	Foundation Squad				Recreational Boys 8+	Recreational 4 & 5	
18:00	18:30	Foundation Squad	Intermediate Recreational	Advanced Recreational	Advanced Rhythmic 7+yrs	Foundation Squad				Recreational Boys 8+	Recreational 4 & 5	
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									Assessment			
13:30 - 14:00		Pre-School	Assessment			Pre-School						
14:00 - 14:30				Pre-School					Recreational 1 & 2			Pre-School
14:30 - 15:00	Recreational 1 & 2										Pre Mini Boys	
15:00 - 15:30		Foundation Squad	Foundation Squad		Development Squad				Recreational Boys 5-7	Development Boy Squad		Recreational 1 & 2
15:30 - 16:00				Advanced Rhythmic 5+yrs		Pre Elite	Elite Girls	Pre Elite				
16:00 - 16:30	Recreational 3 & 4								Recreational 3 & 4			Recreational 3 & 4
16:30 - 17:00		Recreational 1 & 2									Pre Elite Boys	
17:00 - 17:30	Recreational 1 & 2		Advanced Recreational	Rhythmic 8+yrs	Tumbling & Trampoline				Recreational Boys 8+	Recreational 4 & 5		Recreational 4 & 5
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							Recreational Boys 5-7	Foundation Squad	Recreational 1 & 2	Pre Mini Boys
15:30	16:00			Foundation Squad		Mini Squad							
16:00	16:30	Recreational 4 & 5	Recreational 3 & 4		Rhythmic 5-7+yrs		Pre Elite		Pre Elite				
16:30	17:00							Elite Girls		Recreational 3 & 4		Recreational 1 & 2	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-School	Pre-Mini			Recreational 1 & 2	Recreational 1 & 2			
14:00 - 14:30		Pre-Mini	Recreational 1 & 2									
14:30 - 15:00										Development Boy Squad		
15:00 - 15:30	Recreational 1 & 2		Recreational 3 & 4	Rhythmic 8+yrs	Mini Squad	Pre Elite			Recreational 1-2		Pre Elite Boys	
15:30 - 16:00		Foundation Squad					Elite Girls	Pre Elite				Foundation Squad
16:00 - 16:30	Recreational 3 & 4			Advanced Rhythmic 5-6yrs					Recreational Boys 5 - 7yrs			
16:30 - 17:00			Advanced Recreational						Recreational Boys 8+	Development Squad		
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

Time		Colin	Aram	Caitlyn	Hatam	Ahmed	Sarah	Ilya	Morgan	Youssef	Mirella						
9:00	9:30	Recreational 1 & 2	Foundation Squad	Pre Mini	Pre Elite Boys	Elite Girls	Pre Elite	Development Squad Boys	Recreational 3 & 4								
9:30	10:00	Recreational 1 & 2															
10:00	10:30	Recreational 1 & 2									Recreational 3 & 4						
10:30	11:00	Recreational Boys 5 - 7	Foundation Squad	Recreational 1 & 2								Recreational 1 & 2	Pre-School				
11:00	11:30				Recreational 4 & 5			Foundation Squad Boys		Pre-School	Rhythmic 5-7yrs						
12:00	12:30																
12:30	13:00																
13:00	13:30		Assessment	Gym Tots		Assessment											
13:30	14:00																
14:00	14:30										Advanced Rhythmic 7+yrs						

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				Pre-School				
11:00	11:30	Recreational Boys 8+	Recreational 3-4	13:30	14:00										
11:30	12:00			14:00	14:30										
12:00	12:30			14:30	15:00	Mini Squad	Recreational 3 & 4		Recreational 1 & 2	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										