

Season 10 Timetable

Monday West Hatch Sports Hall			Tuesday West Hatch Sports Hall		Wednesday West Hatch Sports Hall		Thursday St Aubyn's School Sports Hall		Friday West Hatch Sports Hall		Saturday West Hatch Sports Hall	
Beginner Tumble 5-6pm	Gymnastics 5-6pm	Trampolineing 5-6pm	Gymnastics 5-6pm	Trampolineing 5-6pm	Intermediate Tumble Class (Walkovers & handsprings) 5-6:30pm	Trampolineing 5-6pm	Mini Squad / invite only 5:30-7:30pm	Beginner Cheerleading Nightshade 5:30-7:30pm	Intensive Gymnastics 5-6:30pm		Gymnastics 9-10am	Trampolineing 9-10am
Stunt group training 6-7pm	Gymnastics 6-7pm	Trampolineing 6-7pm	Gymnastics 6-7pm	Trampolineing 6-7pm		Trampolineing 6-7pm					Gymnastics 10-11am	Trampolineing 10-11am
Advanced tumble (Somersaults and beyond) 7-8:30pm	Tumble & trampoline combined class 7-8:30pm		Level 2 Tumble 7-8:30pm	Trampolineing 7-8pm	Cheerleading (Venom) 6:30-8:30pm	Trampolineing 7-8pm		Level 1 Cheerleading Black Widows 6:30-8:30pm	Squad training 6:30-8:30pm	Cheerleading Cyanide 6:30-8:30pm	Gymnastics 11-12noon	Trampolineing 11-12noon
							Squad Beam & Bars Training 7-8:30pm				Open Gym 8-9pm (7:45 warm up)	Gymnastics 12-1:30pm