

Rhythmic Gymnastics & Aesthetic Group Gymnastics Schedule 2023

TUBE (DATARAN PRIMA) / PERSADA PLUS (SUBANG)

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
RG Beginners 7 years old & above 1.5 hour per lesson	GYM closed					9:00 AM - 10:30 AM	
RG Recreational 8 years old & above 2 hrs per lesson Grading LG - G2						1:00 PM - 3:00PM 2:00 PM - 4:00 PM 4:00 PM - 6:00PM	
Intermediate Recreational 2x a week Advanced Recreational 3-4x a week 8 years old & above 2/3 hrs per lesson Grading/FIG (By Selection Only)		You will be selected and placed into an appropriate level/class accordingly					
Aesthetic Group Gymnastics 8 years old & above 2 hrs per lesson			6:30 PM - 8:30 PM (Technique Class)	7:00 PM - 9:00 PM (Technique Class)	6:30 PM - 8:30 PM (Technique Class)	9:00 AM - 11:00 PM (Junior) 12:00 PM - 2:00 PM (Junior)	11:00 AM - 1:00 PM (Children) 1:00 PM - 3:00 PM (Children) 2:00 PM - 4:00 PM (Children)

PLEASE NOTE

1. Any Public Holiday (Refer to TG 2023 Calendar) falling exactly on a scheduled training day, there will be no classes and no replacements given.
2. Gymnasts absent for scheduled classes due to personal reasons cannot be replaced.
3. Classes cancelled by TG will be replaced accordingly and replacement date/s duly informed.
4. There will be no classes during term break.