MOVE
LEARN
GROW
BELONG

GEM MOVEMENT

FULL WEEKLY TIMETABLE

CLASSES FOR PRE-SCHOOLERS, CHILDREN, TEENS & ADULTS

A Brighter Fitter Happier You ♡

GYMNASTICS
DANCE
FITNESS
EXERCISE
MOVEMENT

MONDAY

09:30–10:30
Open Play Gym
Under 5s
OPEN PLAY

10:45–11:45
Open Play Gym
Under 5s
OPEN PLAY

12:30–13:15
Independent Pre-school Gym
3–4yrs
PRE-SCHOOL

13:30–14:30
Zumba Gold 50+
ADULTS

16:00–16:45
Ballet KS2
7–12yrs
SCHOOL AGE

16:45–17:30
Preparatory Tap
Approx. Ages 4–7
KS1 TAP

17:20–17:30
Gymnastics
4–7yrs
SCHOOL AGE

17:30–18:30
Gymnastics
8–12yrs
SCHOOL AGE

17:30–18:15
Ballet KS1
SCHOOL AGE

18:15–19:15
Adult Ballet
PAYG
ADULTS

TUESDAY

09:00–10:00
Zumba
ADULTS PAYG

09:30–10:30
Open Play Gym
Under 5s
OPEN PLAY

10:45–11:45
Open Play Gym
Under 5s
OPEN PLAY

16:30–17:15
Gymnastics
5–7yrs
SCHOOL AGE

17:20–18:20
Gymnastics
8–12yrs
SCHOOL AGE

18:30–19:30
Gymnastics
12yrs+
TEENS

WEDNESDAY

09:30–10:30
Open Play Gym
Under 5s
OPEN PLAY

10:45–11:45
Open Play Gym
Under 5s
OPEN PLAY

11:45–12:15
Pre-school Pop Movement
Walking–4yrs
PRE-SCHOOL

12:30–13:30
Zumba
ADULTS

16:45–17:30
Gymnastics
4–7yrs
SCHOOL AGE

17:30–18:15
Gymnastics
8–12yrs
SCHOOL AGE

18:15–19:00
Street Commercial Dance
5–9yrs
SCHOOL AGE PAYG

19:00–19:45
Street Commercial Dance
10–15yrs
TEENS PAYG

20:00–21:00
Adult Variety Dance
PAYG
ADULTS

THURSDAY

14:00–15:00
Zumba Gold 50+
ADULTS

16:45–17:30
Cheer
4–7yrs
SCHOOL AGE

18:30–19:15
Cheer
8yrs+
SCHOOL AGE

19:30–20:30
Pro Pilates
ADULTS

FRIDAY

09:15–10:15
Open Play Gym
Under 5s
OPEN PLAY

10:30–11:15
Pre-school Gym With Parent
2-5–5yrs
PAYG
PRE-SCHOOL

11:30–12:00
Baby & Parent Ballet
Walking–3yrs
PRE-SCHOOL PAYG

12:00–12:30
Pre-school Ballet Independent
3–4yrs
PRE-SCHOOL

12:30–13:15
Baby/Toddler & Parent
Gym Explorer
Walking–5yrs
PRE-SCHOOL PAYG

16:30–17:30
Beginners Aerobic
Gymnastics
6–10yrs
SCHOOL AGE

17:30–18:30
Gymnastics
4–7yrs
SCHOOL AGE

18:30–19:30
Gymnastics
8–12yrs
SCHOOL AGE

SATURDAY

PARTIES &
HALL HIRE
AVAILABLE
SATURDAY & SUNDAY

SUNDAY

08:30–09:15
Independent Pre-school Gym
3–4yrs
PRE-SCHOOL

09:30–10:30
Gymnastics
5–7yrs
SCHOOL AGE

10:40–11:40
Gymnastics
8–12yrs
SCHOOL AGE



SMALL
STEPS
BIG
FUTURES

PRE-SCHOOL · SCHOOL AGE · TEENS · ADULTS · PAYG

TRIALS AVAILABLE

LOTS MORE CLASSES COMING SOON

GEM Movement Studios, 68 Albert Street, Fleet, GU51 3RN · 01252 964 055 · info@gemmovement.co.uk · gemmovement.co.uk

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