

PROGRAMME TIMETABLE



Training Programme:

Adult Gym

Training Period:

2023 Season

Age Range	Duration	Training Frequency	Season Duration
Over 18	90 mins	Once per week	September to August

Weekly Training Times

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	8.30pm	8.30pm				

Training Times for July & August 2023 may be adjusted in line with the Club's Programme for Summer

Season Training Blocks

05 Sep-18 Dec	19 Dec-01 Jan	02 Jan-12 Mar	13-19 Mar	20 Mar-30 Jul	31 Jul-13 Aug	14 Aug-03 Sep
Training Weeks	No Training	Training Weeks	No Training	Training Weeks	No Training	Training Weeks

Please note that there is NO training on Public Holidays unless specifically outlined

General Course Information

Open to all levels of ability for 18 years and over	This programme focusses on fitness through fun.
Once you have an active enrolment in our classes, you are auto-enrolled every season. If you wish to withdraw, please notify us in advance.	Enrolments and Transfers may be requested through our Customer Portal.
Please read our Members Handbook prior to booking programmes.	Sibling & Multi-Class discounts are available to members. More info in our Members Handbook
All tuition is paid monthly in advance using our autopay function. This is explained further in the Members Handbook.	

For more information on our programmes please contact reception@renmoregymnastics.org

Move - Grow - Thrive!

Document Title	Date Effective
Programme Timetable	08-Aug-2022