

Excel Gymnastics Jungle Jumps Programme

15 Weeks – Sept 2nd – Dec 21st

[Not included Mid-Term Break: Mon, Oct 28th – Fri, Nov 1st]

Excel Gymnastics Celbridge Schedule Autumn 2019

<p>Parent and Toddler Up to 3 Years Reg: up to 20 – MUST REGISTER FOR CLASSES</p>	<p>FAMILY MORNING Tuesday 10.00-10.45 FAMILY MORNING Thursday 11.15-12.00 PARENT TODDLER Saturday 9.00-9.45</p>
<p>Tiny Tots 3 – 5 Years</p>	<p>Monday-Friday 3.30-4.15 Saturday 9.45-10.30 Saturday 10.30-11.15</p>
<p>Jungle Level 1 +5 Years</p>	<p>Monday-Friday 4.00-5.00 Monday-Friday 5.15-6.15 Monday-Friday 6.30-7.30 Saturday 10.00-11.00 Saturday 11.15-12.15 Saturday 12.15-1.15 Saturday 2.00 – 3.00</p>
<p>Beginners Boys L1</p>	<p>Mon, Wed, and Fri 4.00-5.00 Thursday (8+ yrs) 6.30-7.30 Saturday 12.15-1.15 Saturday 1.15-2.15</p>
<p>Rhythmic Beginners L1 The Mill</p>	<p>Saturday 12.00-1.00 (subject to change)</p>
<p>Rhythmic Rec L2 – Scoil na Mainistreach</p>	<p>Tuesday 5.00-6.30 (subject to change)</p>
<p>Jungle Level 2 (WAG - Girls)</p>	<p>Monday-Friday 4.15-5.45 Mon-Thurs - 5.45-7.15 Saturday 11.00-12.30 Saturday 12.30-2.00 Saturday 2.00 – 3.30</p>
<p>(MAG – Boys) Jungle Level 2</p>	<p>Tuesday & Thursday 4.15-5.45 Saturday 1.15-2.45</p>
<p>Jungle Level 3 (WAG – Girls)</p>	<p>Monday-Friday 4.15-6.15 Saturday 12.30-2.30 Saturday 1.30-3.30</p>
<p>(MAG – Boys) Jungle Level 3</p>	<p>Tuesday & Thursday 5.45-7.45 Saturday 1.15-3.15</p>
<p>Jungle Level 4 REC (WAG – Girls)</p>	<p>Wednesday and Friday 5.00-8.00 Saturday 12.15-3.15</p>
<p>(MAG – Boys) Jungle Level 4 REC*</p>	<p>Monday, Wednesday and Friday 5.00-8.00</p>
<p>Smart Moves – GymABLE</p>	<p>Wednesday 3.00-3.45 (Tots: 3-6 years) Tuesday 6.00-7.00 Thursday 6.00-7.00 Saturday 10.00-11.00 Saturday- once per month 3.45-5.45pm Sept 14th/Oct 19th/Nov 16th/Dec 14th/Jan-June TBD</p>

<p>Teenagers 12-16yrs (2hr)</p>	<p>Monday and Wednesday 7.15-9.15</p>
<p>Pre-Teens 9-12yrs</p>	<p>Tues & Thurs 7.15-8.45 Friday 6.30-8.00 Saturday 2.00-3.30</p>
<p>Adults 16+</p>	<p>Tuesday & Thursday 8.00-9.30</p>
<p>Parkour 9-17yrs</p>	<p>Mon & Friday 8.00-9.30</p>

Excel Gymnastics Academy & Club

Krav Maga	Tuesday 7pm Thursday 8pm
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Excel Gymnastics Cherry Orchard Autumn 2019 Schedule	
Tiny Tots	Saturday 9.00-9.45am
Jungle Level 1	Thursday 4.30-5.30pm Friday 4.00-5.00pm Saturday 9.45-10.45am
Jungle Level 2	Saturday 10.45-12.15pm
Jungle Level 3	Saturday 1.30-3.30pm
Preteens	Saturday 3.30-5.00pm
Acro Recreational	Wednesday 5.30-6.30pm