



**Calisthenics combines elements from
GYMNASTICS - DANCE - SINGING - STAGE PERFORMANCE**



Come and try – your first calisthenics class is free

Tinies	(3-7 years)	Saturdays 9 - 10:30am
Sub Juniors	(10 years & under)	Saturdays 10:45 – 1:00pm
Juniors	(13 years & under)	Tuesdays 4:30 - 7:15pm
Intermediates	(17 years & under)	Thursdays 4:30 - 7:00pm
Seniors	(16 years & over)	Thursdays 7:15 - 10pm
Masters	(35 years & over)	Tuesdays 7:30 – 9:30pm

**All classes held at the
Noble Park Community Centre - Memorial Drive, Noble Park**