

CLASS TIMES

MONDAY: 4pm Jnr Rec - 1 hr
4pm Junior Competitive - 2 hrs
5pm Flexi Rec - 1 hr
6pm Comp Development - 2 hrs

TUESDAY: 4pm Jnr Rec - 1 hr
4pm Tumbling - 1.5hrs
5pm Freestyle Flip n Sault- 1hr*
6pm Comp Development - 2 hrs

WEDNESDAY: 4pm Jnr Rec - 1 hr
4pm Jnr Competitive - 2 hrs
5pm Flexi Rec Advanced - 1.5 hrs
6pm Comp Development - 2 hrs

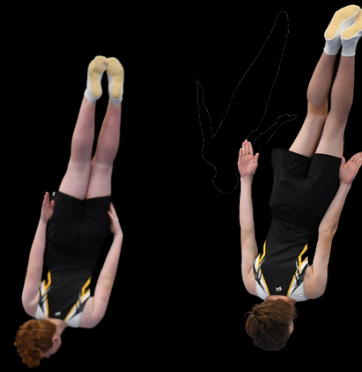
THURSDAY: 4pm Jnr Rec - 1 hr
5pm Flexi Rec - 1 hr
6pm Comp Development - 2 hrs

FRIDAY: 4pm Jnr Comp - 2 hrs
6pm Comp Development - 2 hrs

SATURDAY: 8am Comp Development - 2 hrs



For ages 5 yrs to Adult, welcoming beginners to advanced, right up to international levels.



GWA Certified friendly Coaches. International Advanced Silver Head Coach



Great for flexibility, confidence, energy burning, focus, fitness, and motor skills.

Email: enquire@gravityetc.com.au for info or registration.
Find more info online at www.gravityetc.com.au/techskillz/ or check out our socials



SKILLZ ACADEMY

LEARN TO FLIP
TRAMPOLINE / TUMBLING / DOUBLE MINI
JUST FOR FUN OR COMPETITIVE OPTIONS

SPORTING SCHOOLS PROGRAMS AVAILABLE



CLASS OPTIONS

**PEE WEE
PARKOUR**
(ages 3 - 4)

Monday 9am - 30 mins
Monday 9.30am - 30 mins
Wednesday 9am - 30 mins
Wednesday 9.30am - 30 mins
Friday 9am - 9.30am
Friday 9.30am - 10am

JUMP START
Ages 4+

Thursday 3.30pm - 45 mins

MINI PRODIGY
(ages 5 - 7)

Monday 3.30pm - 45 mins
Monday 4.20pm - 45 mins
Tuesday 3.30pm - 45 mins
Wednesday 3.30pm - 45 mins
Wednesday 4.20 - 45 mins
Thursday 4.20pm - 45 mins

PRE PRODIGY
(ages 9 - 11)

Monday 5.10pm - 45 mins
Tuesday 5.00pm - 45 mins
Wednesday 5.10pm - 45 mins
Thursday 5.10pm - 45 mins

PRODIGY:
(ages 12 - adult)

Wednesday 6pm - 45 mins
Thursday 6pm - 45 mins

ELITE:

Tuesday 6pm - 45 mins

PRIVATE 1 ON 1:
(any age)

Monday 6pm - 30 mins
Tuesday 4.30pm - 30 mins



Fun, functional
fitness
for all ages

X5

ACADEMY

PARKOUR/ FREERUNNING

Improve balance,
meet new friends,
increase motor skills,
build coordination
with experienced
fun coaches

EVENT DISPLAYS
EVENT WORKSHOPS
SCHOOL PROGRAMS



www.x5academy.com.au

