

## GYMNASTICS & KINDER GYM

Commencing 1 August 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>KINDER GYM (18 Months-3 years) Unicorn 1</b>						
	4:00-5:00				9:00-10:00 1:00-2:00	9:00-10:00
\$200 per month (based on 4 week month).						
<b>KINDER GYM (3-5 years) Unicorn 2</b>						
4:00-5:00	5:00-6:00	4:00-5:00	4:00-5:00	5:00-6:00	10:00-11:00 2:00-3:00	10:00-11:00 11:00-12:00
\$200 per month (based on 4 week month).						
<b>KINDER GYM (5-6 years) Unicorn 3</b>						
5:00-6:00		5:00-6:00	5:00-6:00	4:00-5:00	11:00-12:00 3:00-4:00	
\$200 per month (based on 4 week month).						
<b>FUNDAMENTAL GYMNASTICS (6-9 years) Griffin 1</b>						
4:00-5:15 5:15-6:30	4:00-5:15 5:15-6:30	4:00-5:15 5:15-6:30	4:00-5:15 5:15-6:30	4:00-5:15 5:15-6:30	9:00-10:15 10:15-11:30 2:00-3:15	9:00-10:15
\$241 per month (based on 4 week month). Suitable for any skill level.						
<b>FUNDAMENTAL GYMNASTICS (10-12 years) Griffin 2</b>						
4:00-5:15 5:15-6:30	4:00-5:15 5:15-6:30	4:00-5:15	4:00-5:15	4:00-5:15 5:15-6:30	10:15-11:30 3:15-4:30	9:00-10:15
\$241 per month (based on 4 week month). Suitable for any skill level.						
<b>FUNDAMENTAL GYMNASTICS (13-18 years) Griffin 3</b>						
6:30-7:45	6:30-7:45	6:30-7:45		6:30-7:45	11:30-12:45 4:30-5:45	
\$241 per month (based on 4 week month). Suitable for any skill level.						
<b>COMPETITIVE GYM (6-9 years) Dragon 1</b>						
4:00-6:00		4:00-6:00	4:00-6:00		9:00-11:00 2:00-4:00	
\$225 per month (based on 4 week month) per day. 2 days per week minimum. Suitable for level 1-4 gymnasts who want to experience a competitive environment. By trial or selection only						
<b>COMPETITIVE GYM (10-12 years) Dragon 2</b>						
4:00-6:00	4:00-6:00		6:00-8:00	4:00-6:00	9:00-11:00 2:00-4:00	
\$225 per month (based on 4 week month) per day. 2 days per week minimum. Suitable for level 3-6 gymnasts who want to experience a competitive environment. By trial or selection only						
<b>COMPETITIVE GYM (12-18 years) Dragon 3</b>						
6:00-8:00		6:00-8:00	6:00-8:00	6:00-8:00	11:00-1:00 2:00-4:00	
\$250 per month (based on 4 week month) per day. 2 days per week minimum. Suitable for level 4-7 gymnasts who want to experience a competitive environment. By trial or selection only						
<b>ELITE (By trial or selection only) Golden Chicken's</b>						
4:30-8:30	4:30-8:30	4:30-8:30	4:30-8:30	4:30-8:30	9:00-1:00	
\$1200 per month based on 4 days per week. \$1600 per month based on 6 days per week. Highly competitive and training environment. By trial or selection only.						
To register visit <a href="http://www.swagagym.com">www.swagagym.com</a> Phone: +65 6719-3409						

## Parkour Classes

Commencing 1 August 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>PARKOUR RECREATIONAL (6-9 years)</b>						
4:00-5:30	4:00-5:30	4:00-5:30	4:00-5:30	4:00-5:30	9:00-10:30 2:00-15:30	9:00-10:30
\$241 per month (based on 4 week month). <i>Suitable for any skill level.</i>						
<b>PARKOUR RECREATIONAL (9-12 years)</b>						
5:30-7:00	5:30-7:00	5:30-7:00	5:30-7:00	5:30-7:00	10:30-12:00 3:30-5:00	10:30-12:00
\$241 per month (based on 4 week month). <i>Suitable for any skill level.</i>						

Parkour is not only a sport but also a discipline that focuses on body development through movement.

- Basic movement skills such as running, jumping, crawling, balancing, swinging, climbing, rolling etc
- Build physical and mental strength through conditioning.
- Body and spatial awareness to overcome challenges.
- Parkour values that can be applied to the outside world.

It won't just be about your child getting fit, but also about developing confidence and skills to build mental fortitude and grit.

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## ADULT FITNESS

Commencing 26 July 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30-8:15	7:30-8:15	7:30-8:15	7:30-8:15	7:30-8:15	7:30-8:15	7:30-8:15
BODY-W8	CORE SCULPT	TRX SHRED	CORE SCULPT	Body-W8	CORE SCULPT	
9-9:45	9-9:45	9-9:45	9-9:45	9-9:45	9-9:45	9-9:45
CORE SCULPT	TRX SHRED	BODY-W8	LATINO JAM	TRX SHRED	BODY-W8	BODY-W8
10-10:45	10-10:45	10-10:45	10-10:45	10-10:45	10-10:45	10-10:45
						CORE SCULPT
\$35 per session. Spaces limited to 8 per session per day. 5 and 10 Pack Packages available for discount.						

**Body-W8** – A low intensity bodyweight strength and conditioning class for all fitness levels using resistance bands. This class will give you a full body workout and will help you to build strength and fitness through a variety of exercises performed standing up and in a mat. Bring resistance band.

**Core Sculp** – This class includes exercises for definition, strength, agility and core power and stability. During this class, you will feel your abs burning and you will work your entire core.

**Latino Jam** – Want to learn and move to hot latin music rhythms? Do you love dancing and would like to learn more about salsa, merengue, reggaeton, cumbia, flamenco? This class is for you! Latino Jam will teach you choreographies using rhythms of Latin American and Spanish music. This class will put a smile on your face as you will be burning calories while having fun.

**TRX SHRED:** Tone muscles groups and improve your overall posture, stability and mobility with this suspension strength training class. Suspension training uses your body weight in different angles to engage more muscle groups at the same time. Strengthen, tone and shred your body in this ultimate deep burn class!

**Bring your own mat for all classes. Open to all fitness levels.**

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