

Artistry AGG Gymnastics Timetable T1 2026

Friday Training	Training Group	Info	Saturday Training	Training Group	Info
3:30 - 5:00pm	Emerald 6 - 8 Yrs (Rec)	Gymnastics skills + fun & fitness	8:30 - 9:00am	Grown up and Me 2 - 3.5 Yrs	Adult participation required. Socks required.
3:30 - 5:00pm	Citrine 8 - 10 Yrs (Rec)	Extending gymnastics skills, fitness games, stretch & strengthening	9:00 - 9:30am	Sparkles 2 - 4 Yrs	Gently incorporating simple gymnastics skills & lots of fun and games
4:30 - 6:30pm	Angelite 6 - 8 Yrs (Comp)	Gymnastics skills, comp prep, elite routine development, AGG elements	9:30 - 10:15am	Pearl 4 - 6 Yrs (Rec)	Building up knowledge of skills while incorporating fun & games
4:30 - 7:00pm	Aquamarine 8 - 10 Yrs (Comp)	Advanced gymnastics skills, comp prep, elite routine and solo development, AGG elements	9:30 - 10:15am	Emerald 6 - 8 Yrs (Rec)	Gymnastics skills + fun & fitness
4:30 - 7:30pm	Sapphie 10 - 12 Yrs (Rec and Comp)	Elite gymnastics skills, comp prep and work, superior routine and solo development, AGG elements	9:30 - 10:15am	Citrine 8 - 10 Yrs (Rec)	Extending gymnastics skills, fitness games, stretch & strengthening
4:30 - 8:00pm	Opalite 12 - 14 Yrs (Rec and Comp)	Competition work, high end stretch & strengthening, AGG elements	10:15 - 12:15pm	Angelite 6 - 8 Yrs (Comp)	Gymnastics skills, comp prep, elite routine development, AGG elements
7:00 - 8:00pm	Private Lessons Available	Contact Head Coach	10:15 - 12:45pm	Aquamarine 8 - 10 Yrs (Comp)	Advanced gymnastics skills, comp prep, elite routine and solo development, AGG elements
			9:00 - 10:15am	Private Lessons Available	Contact Head Coach