



City of Lisburn Salto Gymnastics Centre

Timetable with Class Ages

2020

Class name & age guide	Parent Assisted Classes 2-3 years	Pre-school classes 3-4 years	Recreational Classes 4 (Primary 1) – 12 years		Improvers Selection Only	Young Adults	Adult Classes 18+	
MON	10.30am	2pm	3pm 4pm 5pm					
TUES		2pm	3pm 4pm 5pm				8.00pm – 9.30pm	
WED	10.30am	2pm	3pm 4pm 5pm					
THURS		2pm	3pm 4pm 5pm 6pm		7pm	8pm		
FRI	11.30am	2pm	3pm 4pm 5pm					
SAT			9am 10am 11am 12noon 1pm 2pm					
Class length	1 hour	50 mins	50 mins		50 mins	50 mins	1.5 hours	