

SPORTY JOE'S

"FITNESS FOR ALL"

Day/Time	9:00am to 10:00am	10:00am to 11:00am	11:00am to 12:00pm	1:00pm to 2:00pm	2:00pm to 3:00pm	3:00pm to 4:00pm	4:00pm to 5:00pm	5:00pm to 7:00pm	7:00pm-8:00pm
Monday	Raffles House Learning Centre	PlayGym	Waddler Gym	KinderGym	KinderGym	*Kids Dynamo*	KinderGym	Pre-Competitive / Competitive (Boys / Girls)	
Tuesday	Adult 9.30am	Yogilates - 10.30am	TELC 10.45am to 11.45am		KinderGym	Waddler Gym	KinderGym	Recreational (5-6pm)	
Wednesday		Playgym	Waddler Gym	KinderGym		KinderGym	KinderGym	Recreational 5pm to 6pm	Pre-Comp 5pm to 7pm
Thursday		Adult Boxercise 9.45 to 10.45am	Tots / Fun Gym	KinderGym	KinderGym	KinderGym	Recreational	Pre-Competitive / Competitive (Boys / Girls)	Adult Gym
Friday		Tots / Fun Gym	Waddler Gym		KinderGym	KinderGym	Recreational	Pre-Competitive / Competitive	
Saturday	Recreational	KinderGym	Recreational	Advance Recreational (12pm to 1pm)	KinderGym	Recreational			

All of Sporty Joe's Gymnastics and gross motor development classes are based on level of ability and not age. The class breakdown of ages is simply a guideline to help structure our program. You may see some younger children in older classes and older children in younger classes. The main objective is for each and every child to enjoy themselves and to progress at their own rate of ability.

Classes

- **Tots / Fun Gym** - Children between 19 - 26 months – motor skills and basic fundamentals of gymnastics.
- **Waddler Gym** - Children between 2-3 years old
- **KinderGym** - Children between the ages of 3-5 years old.
- ***Kids Dynamo*** - Advance gymnastics skills for KinderGym gymnasts (by coach's selection)
- **Recreational** - Children between the ages of 6-9 years old
- **Pre-Competitive Gymnastics** - Coach's selection only
- **Adult classes** - Adult gymnastics, Boxercise and Yogilates
- **PlayGym** - A non-structured class for young children. Each child must be accompanied by an adult. (Cost – S\$ 10.00 per hour per child)

• Please take note that Sporty Joe's Gymnastics & Fitness Schedule is subject to change at the end of every 10 week session.

• Please contact Sporty Joe's Enterprises Pte. Ltd. at **Tel: [64681103](tel:64681103) / Fax: [64684813](tel:64684813) / E-mail: admin@sportyjoe.com website: www.sportyjoe.com**

• *Sundays are reserved for Birthday Parties and Special Events.*