



The Shed 2025 all disciplines combined class times

Boys (Men's Artistic Gymnastics)

Monday to Friday

Time	Duration	Recommended ages	Recommended levels	Days
08:00-09:30	1hr30min	Adults	Any	Wednesdays & Thursdays
11:30-13:00	1hr30min	All ages	Home Ed	Tuesdays & Thursdays
13:30-14:15	45 Minutes	5, 6	Beginners & pre level	Everyday
14:15-15:15	1 Hour	6, 7, 8	Beginners & 1-3	Everyday
15:15-17:00	1hr45min	9-12	4-6	Mondays to Thursdays
15:15-16:45	1hr30min	All ages	Parkour	Friday only
16:30-19:00	2hrs30min	12 +	6+	Mondays to Thursdays
15:15-18:00	2hrs45min	12+	6+	Seniors - Fridays only

Girls (Women's Artistic Gymnastics)

Monday to Friday

Time	Duration	Recommended ages	Recommended levels	Days
08:00-09:30	1hr30min	Adults	Any	Wednesdays & Thursdays
11:30-13:00	1hr30min	All ages	Home Ed	Tuesdays & Thursdays
13:30-14:15	45 Minutes	5, 6	Beginners & pre level	Everyday
14:15-15:15	1 Hour	6, 7, 8	Beginners & 1-3	Everyday
15:15-17:00	1hr45min	9-12	4-6	Mondays to Thursdays
15:15-16:45	1hr30min	All ages	Parkour	Friday only
16:30-19:00	2hrs30min	12 +	6+	Mondays to Thursdays
15:15-18:00	2hrs45min	12+	6+	Seniors - Fridays only

STELLENBOSCH GYMNASTICS

MEN'S ARTISTIC GYMNASTICS | WOMEN'S ARTISTIC GYMNASTICS

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The Shed, Santa Road, Spier Wine Farm, Stellenbosch