



Van der Stel class times

Boys (Men's Artistic Gymnastics)

Wednesday and Friday

Time	Recommended ages	Recommended levels
13:15-14:00	4, 5, 6	Beginners & pre level
14:00-15:00	6, 7, 8	Beginners & 1-3
15:00-16:30	9-12	4-6

STELLENBOSCH GYMNASTICS

MEN'S ARTISTIC GYMNASTICS | WOMEN'S ARTISTIC GYMNASTICS

084 506 1044 | stellenboschgymnastics@gmail.com | www.stellenboschgymnastics.co.za

The Shed, Santa Road, Spier | Van der Stel Sports Grounds, Du Toit Street, Stellenbosch