



GYMability & FreeG Timetable and Term Dates

September 2024 – August 2025

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Please note that classes run all year through

Autumn Term	Spring Term	Summer Term
Monday 2 nd September 2024 to Saturday 21 st December 2024	Monday 6 th January 2025 to Thursday 17 th April 2025	Tuesday 22 nd April 2025 to Saturday 30 th August 2025

The gym will be **CLOSED** on the below dates for all classes

Christmas 2024	Easter 2025
Monday 23 rd December 2024 to Saturday 4 th January 2025	Friday 18 th April 2025 to Monday 21 st April 2025
NO CLASSES Bank Holidays: Friday 18 th April 2025 Monday 21 st April 2025 Monday 5 th May 2025 Monday 26 th May 2025 Monday 25 th August 2025	

All above dates Inclusive



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GYMability

Class Name	Day	Time
GYMability FUNdamentals* (School age) Unstructured classes	Saturday	2.30pm – 3.15pm
GYMability* (School age) Structured classes	Saturday	3.00pm – 4.00pm
GYMability* (School age) Structured classes	Saturday	4.00pm – 5.00pm

*Assessment of needs & support required

FreeG

Class Name	Day	Time
FreeG – School Year 4 & 5	Tuesday	4.30pm – 5.30pm
	Thursday	4.30pm – 5.30pm
	Friday	4.30pm – 5.30pm
FreeG – School Year 6 & 7	Tuesday	5.30pm – 6.30pm
	Thursday	5.30pm – 6.30pm
	Friday	5.30pm – 6.30pm
FreeG – School Year 8 & 9	Tuesday	6.30pm – 7.30pm
	Thursday	6.30pm – 7.30pm
	Friday	6.30pm – 7.30pm
FreeG – School Year 10 and over	Thursday	7.30pm – 8.30pm
	Friday	7.30pm – 8.30pm