

SSIS Sports For Life Gymnastics Program

Coach Ze Ching - zeching@sportforlife.com.cn

Autumn - Winter Season (18 weeks)

	Day	Description	Time
1	Tuesday	<i>Pre School</i>	14:45 - 15:25
		<i>Beginner</i>	15:40 - 16:25
		<i>Level 1</i>	16:25 - 17:10
		<i>Level 2-3</i>	17:10 - 17:55
2	Saturday	<i>Pre School</i>	09:30 - 10:10
		<i>Beginner</i>	10:15 - 11:00
		<i>Level 1</i>	11:00 - 11:45
		<i>Level 2-3</i>	11:45 - 12:30

Spring - Summer Season (18 weeks)

	Day	Description	Time
1	Tuesday	<i>Pre School</i>	14:45 - 15:25
		<i>Beginner</i>	15:40 - 16:25
		<i>Level 1</i>	16:25 - 17:10
		<i>Level 2-3</i>	17:10 - 17:55
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