

# mon tue wed thu fri sat sun

8:00am-12:00pm <b>Morning Session</b>	8:00am-12:00pm <b>Morning Session</b>	8:00am-12:00pm <b>Morning Session</b>	8:00am-12:00pm <b>Morning Session</b>	8:00am-12:00pm <b>Morning Session</b>	Jan Holidays 3rd to 27th Prepayment essential			
<i>Trick Line</i>	<i>Flow Olympics</i>	<i>Speed Course</i>	<i>American Ninja Warrior</i>	<i>Parkour Challenge</i>				
<i>Morning Tea</i>	<i>Morning Tea</i>	<i>Morning Tea</i>	<i>Morning Tea</i>	<i>Morning Tea</i>				
<i>Freetime / Games</i>	<i>Freetime / Games</i>	<i>Freetime / Games</i>	<i>Freetime / Games</i>	<i>Freetime / Games</i>				
12:00pm-1:00pm <b>Lunch</b>	12:00pm-1:00pm <b>Lunch</b>	12:00pm-1:00pm <b>Lunch</b>	12:00pm-1:00pm <b>Lunch</b>	12:00pm-1:00pm <b>Lunch</b>				
<b>Quizzes</b>	<b>Quizzes</b>	<b>Quizzes</b>	<b>Quizzes</b>	<b>Quizzes</b>	12:30pm-2:00pm <b>Drop-in Session</b> 5-12 years	12:30pm-2:00pm <b>Drop-in Session</b> 5-12 years		
1:00pm-4:30pm <b>Afternoon Session</b>	1:00pm-4:30pm <b>Afternoon Session</b>	1:00pm-4:30pm <b>Afternoon Session</b>	1:00pm-4:30pm <b>Afternoon Session</b>	1:00pm-4:30pm <b>Afternoon Session</b>	2:15pm-4:15pm <b>Bookable Party</b>	2:15pm-4:15pm <b>Bookable Party</b>		
<i>Calisthenics + Tramp Workshop</i>	<i>Parkour Workshop</i>	<i>Break / Dance Workshop</i>	<i>Circus Workshop</i>	<i>Trick / Tumble Workshop</i>	3:45pm-5:45pm <b>Bookable Party</b>	3:45pm-5:45pm <b>Bookable Party</b>		
<i>Afternoon Tea / Mindgames</i>	<i>Afternoon Tea / Mindgames</i>	<i>Afternoon Tea / Mindgames</i>	<i>Afternoon Tea / Mindgames</i>	<i>Afternoon Tea / Mindgames</i>	5:15pm-7:15pm <b>Bookable Party</b>	5:15pm-7:15pm <b>Bookable Party</b>		
<i>Freetime / Games</i>	<i>Freetime / Games</i>	<i>Freetime / Games</i>	<i>Freetime / Games</i>	<i>Freetime / Games</i>				
	7:00pm-9:00pm <b>Drop-in Session</b> Adults			7:00pm-9:00pm <b>Drop-in Session</b> Adults				

\$60 full days - \$45 half days \*Discount available for siblings\* Bookings transferrable -not refundable.  
Full day 8am-4:30pm // Morning session 8am-12pm // Afternoon session 1pm-4:30pm

**Flow**  
ALBANY

**Holiday Schedule Jan 23'**  
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