

mon tue wed thu fri sat sun

			9:30am-10:15am Flow Toddlers 1-3½ years			
			10:30am-11:15am Flow Kids 3½-5 years	10:30am-11:15am Flow Kids 3½-5 years	8:00am-8:45am Flow Kids 3½-5 years	
				11:45pm-12:30pm Parkour 10-17 years	8:45am-9:30am Flow Kids 3½-5 years	
2:30pm-3:15pm Parkour 5-12 years	2:15pm-3:00pm Tumbling 5-12 years	2:30pm-3:15pm Parkour 8-15 years			9:30am-10:15am Parkour 5-6 years	9:30am-10:15am Parkour 5-6 years
3:45pm-4:30pm Parkour 6-7 years	3:45pm-4:30pm Parkour 5-6 years	3:45pm-4:30pm Parkour 5-7 years	3:45pm-4:30pm Parkour 5-6 years	3:45pm-4:30pm Parkour 5-6 years	9:30am-10:15am Tumbling 5-6 years	10:15am-11:00am Parkour 7-8 years
3:45pm-4:30pm Tumbling 5-6 years	3:45pm-4:30pm Tumbling 8-12 years	3:45pm-4:30pm Tumbling 5-6 years	3:45pm-4:30pm Tumbling 5-6 years	3:45pm-4:30pm Tricking 6-8 years	10:15am-11:00am Parkour 7-8 years	10:15am-11:00am Tumbling 5-7 years
4:30pm-5:15pm Parkour 8-10 years	4:30pm-5:15pm Parkour 7-9 years	4:30pm-5:15pm Parkour 8-10 years	4:30pm-5:15pm Parkour 7-8 years	4:30pm-5:15pm Parkour 7-9 years	10:15am-11:00am Tumbling 7-9 years	11:00am-11:45am Parkour 9-11 years
4:30pm-5:15pm Tumbling 7-9 years	4:30pm-5:15pm Tricking 8-12 years	4:30pm-5:15pm Tumbling 7-9 years	4:30pm-5:15pm Tumbling 7-9 years	4:30pm-5:15pm Tricking 9-15 years	11:00am-11:45am Parkour 9-10 years	11:00am-11:45am Tumbling 8-10 years
5:15pm-6:00pm Parkour 11-13 years	5:15pm-6:00pm Parkour 10-11 years	5:15pm-6:00pm Parkour 11-15 years	5:15pm-6:00pm Parkour 9-10 years	5:15pm-6:00pm Parkour 10-15 years	11:00am-11:45pm Tumbling 10-15 years	11:45am-12:30pm Parkour 12-15 years
5:15pm-6:00pm Tumbling 10-15 years	5:15pm-6:00pm Tricking 12-15 years	5:15pm-6:00pm Tumbling 10-15 years	5:15pm-6:00pm Tumbling 10-15 years	6:00pm-6:45pm Parkour Orange Band	11:45am-12:30pm Parkour 11-15 years	11:45am-12:30pm Tumbling 11-15 years
6:00pm-7:00pm, Parkour Orange Band	6:00pm-6:45pm Parkour 12-14 years	6:00pm-7:00pm Parkour Orange Band	6:00pm-6:45pm Parkour 11-12 years	7:00pm-9:00pm Drop-in Session Adults	12:30pm-2:00pm Drop-in Session 5-12 years	12:30pm-2:00pm Drop-in Session 5-12 years
6:00pm-7:00pm Tumbling Adults	6:00pm-7:00pm Tricking Adults	6:00pm-7:00pm Tumbling Orange Band	6:00pm-6:45pm Dance Acro 8-14 years		2:15pm-4:15pm Bookable Party	2:15pm-4:15pm Bookable Party
7:00pm-7:45pm Parkour Teens	7:00pm-9:00pm Drop-in Session Adults	6:00pm-7:00pm Tumbling Adults	6:00pm-7:00pm Cali Adults		3:45pm-5:45pm Bookable Party	3:45pm-5:45pm Bookable Party
7:45pm-8:45pm Parkour Adults			6:45pm-7:30pm Parkour Teens			
	All white / empty spaces privately bookable		6:45pm-7:30pm Circus 8-15 years			

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					10:15am-11:00am Hip-Hop 4-5 years	
					11:00am-11:45am Ballet 4-5 years	
					11:45am-12:30pm Contemp 6-7 years	
					12:30pm-2:00pm Drop-in Session 5-12 years	12:30pm-2:00pm Drop-in Session 5-12 years
3:45pm-4:30pm Ballet 5-6 years	3:45pm-4:30pm Jazz 7-8 years	3:45pm-4:30pm Hip-Hop 5-7 years	3:45pm-4:30pm Breaking 8-12 years		2:15pm-4:15pm Bookable Party	2:15pm-4:15pm Bookable Party
4:30pm-5:15pm Ballet 4-5 years	4:30pm-5:15pm Jazz 6-7 years	4:30pm-5:15pm Hip-Hop 7-10 years	4:30pm-5:15pm Breaking 5-7 years	4:30pm-6:00pm Comp Troupe 7+ years	3:45pm-5:45pm Bookable Party	3:45pm-5:45pm Bookable Party
5:15pm-6:15pm Ballet 7-9 years	5:15pm-6:00pm Contemp 7-9 years	5:15pm-6:00pm Musical Theatre 7-10 years		5:15pm-6:00pm Breaking 9-15 years		
6:15pm-7:00pm Ballet 10+ years	6:00pm-6:45pm Jazz 9+ years					
	6:45pm-7:30pm Contemp 10+ years				All white / empty spaces privately bookable	
	7:00pm-9:00pm Drop-In Session Adults			7:00pm-9:00pm Drop-in Session Adults		

Preschool **Drop-in session** **Classes** **Adult** **Bookable**

Term two schedule 2024
 (09) 5339006 flowacademy.co.nz

