



GYMNASTICS FACTORY

Summer Holiday Courses 2026

MEMBERS & NEWCOMERS WELCOME

SCHOOL AGE GYMNASTS

SKILLS WORKSHOP

5YRS (YR1+) - 11YRS

- CARTWHEELS
- HANDSTANDS

£23 per class



1hr30 workshops designed by Team GF to focus on one particular key skill to help budding gymnasts improve, progress and perfect some of gymnastics 'super skills.'

SCHOOL AGE GYMNASTS

GYM-TASTICS

5YRS (YR1+) - 11YRS

£23 per class



A fun-filled energetic 1hr30 class adding a party-style feel to gym class. Working on a mix of gym skills on our apparatus, plus games and obstacle courses.

SCHOOL AGE GYMNASTS

FREESTYLE

7-11YRS

£23 per class



This is gymnastics with a twist! If you're up for a challenge then try out this 1hr30min workshop which combines core gymnastics skills with elements of popular parkour.

SCHOOL AGE GYMNASTS

INTRO TO GYM

5YRS (YR1+) - 11YRS

£23 per class



A 1hr30min class that gives gymnasts a chance to try out all of our equipment circuits and is ideal for beginners or those returning to classes after a break.

SCHOOL AGE GYMNASTS

1 TO 1 SESSIONS

GIRLS & BOYS 6YRS +

£65 per session

Tell us what you want to work on and we'll create a 1-hour tailor-made session for you. Try a new skill or work on perfecting a skill.

PRE-SCHOOL

Energetic 45minute fun-filled classes for little ones to roll, crawl, climb, jump & swing around our exciting apparatus.

£13 per class



PARENT & CHILD

1-3YRS OR 2-4YRS



PARENT-FREE
RECEPTION AGE CLASS
MEMBERS ONLY



PLEASE NOTE: Baby siblings in car seat/sling welcome. Older pre-school age siblings must be booked into the class. We cannot currently allow school-age siblings into the class.

BOOK ONLINE: WWW.GYMNASTICSFACTORY.CO.UK



GYMNASTICS FACTORY

WEEK 1

WEEK 2

WEEK 3

WEEK 4

WEEK 5

Summer Holiday Course Timetable 2026

MONDAY 27TH JULY	TUESDAY 28TH JULY	WEDNESDAY 29TH JULY	THURSDAY 30TH JULY	FRIDAY 31ST JULY
9:30-10:30 1 to 1 slots <hr/> 10:45-11:45 1 to 1 slots	9:30-11:00 Gym-Tastics Class 5yrs (yr1+) -11yrs <hr/> 11:15-12:15 1 to 1 slots	9:30-11:00 Cartwheels Workshop 5yrs (yr1+) -11yrs <hr/> 11:15-12:15 1 to 1 slots	9:30-11:00 Intro to Gym Class 5yrs (yr1+) -11yrs <hr/> 11:15-12:15 1 to 1 slots	CLOSED
MONDAY 3RD AUGUST	TUESDAY 4TH AUGUST	WEDNESDAY 5TH AUGUST	THURSDAY 6TH AUGUST	FRIDAY 7TH AUGUST
CLOSED	9:30-11:00 Cartwheels Workshop 5yrs (yr1+) -11yrs <hr/> 11:15-12:15 1 to 1 slots	9:30-11:00 2x Day Masterclass (day 1) by invitation <hr/> 11:30-13:00 Freestyle Workshop 7-11yrs	9:30-11:00 2x Day Masterclass (day 2) by invitation <hr/> 11:15-12:15 1 to 1 slots <hr/> 12:30-13:30 1 to 1 slots	9:30-10:15 Pre-school 1-3yrs Parent & child <hr/> 10:30-11:15 Pre-school 2-4yrs Parent & child <hr/> 11:30-12:15 Reception
MONDAY 10TH AUGUST	TUESDAY 11TH AUGUST	WEDNESDAY 12TH AUGUST	THURSDAY 13TH AUGUST	FRIDAY 14TH AUGUST
10:45-11:45 1 to 1 slots <hr/> 12:00-13:00 1 to 1 slots	9:30-11:00 Cartwheels Workshop 5yrs (yr1+) -11yrs <hr/> 11:30-13:00 Handstand Workshop 5yrs (yr1+) -11yrs	Squad Training by invitation <hr/> 11:15-12:15 1 to 1 slots	9:30-11:00 Intro to Gym Class 5yrs (yr1+) -11yrs <hr/> 11:30-13:00 Gym-Tastics Class 5yr (yr1+) -11yrs	9:30-10:30 1 to 1 slots <hr/> 10:45-11:45 1 to 1 slots <hr/> 12:00-13:00 1 to 1 slots
MONDAY 17TH AUGUST	TUESDAY 18TH AUGUST	WEDNESDAY 19TH AUGUST	THURSDAY 20TH AUGUST	FRIDAY 21ST AUGUST
10:45-11:45 1 to 1 slots <hr/> 12:00-13:00 1 to 1 slots	9:30-11:00 Cartwheels Workshop 5yrs (yr1+) -11yrs <hr/> 11:15-12:15 1 to 1 slots	9:30-11:00 Somersault Workshop by invitation <hr/> 11:30-13:00 Handstand Workshop 5yrs (yr1+) -11yrs	9:30-11:00 Freestyle Workshop 7-11yrs <hr/> 11:15-12:15 1 to 1 slots	9:30-10:15 Pre-school 1-3yrs Parent & child <hr/> 10:30-11:15 Pre-school 2-4yrs Parent & child <hr/> 11:30-12:15 Reception
MONDAY 24TH AUGUST	TUESDAY 25TH AUGUST	WEDNESDAY 26TH AUGUST	THURSDAY 27TH AUGUST	FRIDAY 28TH AUGUST
10:45-11:45 1 to 1 slots <hr/> 12:00-13:00 1 to 1 slots	9:30-11:00 Cartwheels Workshop 5yrs (yr1+) -11yrs <hr/> 11:15-12:15 1 to 1 slots	9:30-11:00 Gym-Tastics Class 5yrs (yr1+) -11yrs <hr/> 11:15-12:15 1 to 1 slots <hr/> 12:30-13:30 1 to 1 slots	9:30-11:00 Intro to Gym Class 5yrs (yr1+) -11yrs <hr/> 11:15-12:15 1 to 1 slots	CLOSED

