



GYMNASTICS FACTORY

October Half Term Holiday Courses 2026

MEMBERS & NEWCOMERS WELCOME

TIMETABLE

MONDAY 26TH OCT	TUESDAY 27TH OCT	WEDNESDAY 28TH OCT	THURSDAY 29TH OCT	FRIDAY 30TH OCT
9:30-11:00 Cartwheel Skills Workshop 5yrs (Yr1) - 11yrs	9:30-11:00 Freestyle Workshop 7yrs -11yrs	9:30-11:00 Masterclass (by invitation)	9:30-11:00 Handstand Skills Workshop 5yrs (Yr1) - 11yrs	9:30-10:30 1 to 1 slots
11:15-12:15 1 to 1 slots	11:15-12:15 1 to 1 slots	11:30-13:00 GymTastics Class 5yrs (Yr 1) -11yrs	11:15-12:15 1 to 1 slots	10:45-11:45 1 to 1 slots
12:30-13:30 1 to 1 slots				12:00-13:00 1 to 1 slots

CLASS DESCRIPTIONS

GYM-TASTICS CLASS

YR 1 -11YRS



£23 per class

A fun-filled energetic 1hr30min class adding a party-style feel to gym class. We set up circuits around the gym, working on a mix of gym skills on a range of apparatus. Plus games and obstacle courses.

SKILLS WORKSHOPS

5YRS (MUST BE YR 1+) -11YRS



CARTWHEELS & HANDSTANDS

£23 per class

1hr30min workshop designed by Team GF to focus on one particular key skill to help budding gymnasts improve, perfect and build upon the gymnastic core skills.

FREESTYLE COURSE

7YRS - 11YRS



£23per course

Explore Freestyle gymnastics! This class is gym with a twist, combining elements of gymnastics with parkour and freestyle ideas. 1hr 30 classes to learn techniques

1 TO 1 SESSIONS:

65 per session

A chance to have a tailor-made session with one of our coaching team to work on the skills of your choosing! We have a small number of slots available to book quickly to avoid disappointment!

ALL BOOKINGS TO BE MADE ONLINE AT
WWW.GYMNASTICSFACTORY.CO.UK