

SuperSonic Trampoline Club TimeTable 2024 - 2025

Class Descriptions

WOBBLERS	Up to 3 years old. Drop-in class, parent & child exploring & enjoying our floor & mat setups together!
1st STEP	A fantastic 45 min class for ages 2.5 to under 4. Our focus is on building correct movement patterns & supercharging early physical skill development!
JUNIORS	Both a super fun class and a physical development program tailored specially for our younger bouncers. Smaller class sizes allow for lots of attention! AGE: 4-6
REC	Our main class type: Recreational trampoline classes for all, in small, age appropriate groups. Progress at your own pace with your coach, make friends, love sport! AGE: 5- 18.
HOME SCHOOL	75 min socially focused recreational type class, at homeschool friendly times. ALL AGES
ADVANCED	Focused training with like minded participants working towards bigger skills and/or competitive trampolining. AGE: Flexible - Enquire if interested!
COMPETITION SQUADS	Our elite competitive squads train multiple times per week depending on their level. Enquire if interested!
PARKOUR	Specialist classes on our professional parkour floor setup. AGE: 8-18
ADULTS & PARKOUR	Drop-in trampoline classes for adults of all ability levels, from complete beginner to experienced pro. Our parkour floor and gymnastics equipment is open & active too! AGE: 18+
Drop-in Workshops & Special Classes	New this year! See our events calander for whats on the menu...

	MON	TUES	WED	THURS	FRI
10:00am - 11:55am		WOBBLERS		WOBBLERS	
12:00pm - 12:45pm					ADULTS & OPEN PARKOUR 12.30-2pm
1:00pm - 2:15pm		HOME SCHOOL	1st Step 1:40-2:25pm	HOME SCHOOL	ADULTS & OPEN PARKOUR 12.30-2pm
2:30pm - 3:25pm	1st Step 2:30-3:15pm	JUNIORS	JUNIORS	JUNIORS	JUNIORS
3:30pm - 4:25pm	REC	REC	REC	REC	REC
4:30pm - 5:25pm	REC	REC	REC	REC	REC
6:00pm - 6:55pm	REC	REC	REC	REC	REC
7:00pm - 7:55pm	REC	ADVANCED & SQUADS	REC / PARKOUR	ADVANCED & SQUADS	REC / PARKOUR
8:15pm - 8:55pm	ADULTS Drop-in Trampoline & PARKOUR	ADVANCED & SQUADS	ADULTS Drop-in Trampoline & PARKOUR	ADVANCED & SQUADS	Drop-in Workshops & Special Classes (See Calander)
8:55pm - 9:45pm	ADULTS Drop-in Trampoline & PARKOUR		ADULTS Drop-in Trampoline & PARKOUR		Drop-in Workshops & Special Classes (See Calander)

	SAT	
9:30am - 10:25am	REC	
10:30am - 11:25am	REC	
12:00pm - 12:55pm	REC	
1:00pm - 1:55pm	REC	
2:00pm - 2:55pm	REC	ADVANCED
3:00pm - 3:55pm	REC	ADVANCED
4:15pm - 5:45pm	ADULTS Drop-in Trampoline & PARKOUR	

	SUN	
10:00am - 10:55am	REC	Competition Squads
11:00am - 11:55am	REC	
12:00pm - 12:55pm	REC	
12:30pm - 2:25pm	Competition Squads	
2:30pm - 3:25pm	REC	PARKOUR
3:30pm - 4:25pm	REC	PARKOUR