

Senshin Sports FLEX Subscription Members Equivalent Class List

ARTISTIC GYMNASTICS (4-7yrs)

- Athenry: Tuesday 3.15pm, Thursday 3.15pm, Saturday 9.30am, Saturday 10.30am, Saturday 3.30pm
 - Briarhill: Wednesday 4pm, Friday 4pm, Saturday 10.30am
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ARTISTIC GYMNASTICS (U10s)

- Athenry: Thursday 4pm, Thursday 5pm, Thursday 6pm, Saturday 11.30am, Saturday 12.30pm, Saturday 4.30pm
 - Briarhill: Wednesday 6pm, Friday 5pm, Saturday 11.30am
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ARTISTIC GYMNASTICS (10+yrs)

- Athenry: Thursday 7pm, Thursday 8pm, Saturday 1.30pm
 - Briarhill: Wednesday 6pm, Friday 5pm, Saturday 11.30am
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RHYTHMIC GYMNASTICS (U12s)

- Briarhill: Wednesday 5pm, Wednesday 7pm, Friday 6pm, Saturday 12.30pm
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Senshin Sports FLEX Subscription Members Equivalent Class List

JUDO Little Ninjas (4-6yrs)

- Athenry: Wednesday 5pm
 - Briarhill: Saturday 9.30am
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JUDO Little Samurai (5-8yrs)

- Athenry: Monday 5pm
 - Briarhill: Tuesday 6pm
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JUDO Fighting Fit (7+yrs) White belt and Above

- Athenry: Monday 6pm (All grades), Wednesday 6pm (All grades)
 - Briarhill: Tuesday 6pm (All grades), Thursday 6pm (All grades)
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JUDO Fighting Fit (7+yrs) Subject to Grade Criteria Below

- Briarhill: Tuesday 7pm (Yellow/Orange Belt and Above)
 - Athenry: Wednesday 7pm (Orange belt and above)
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JUDO Development Squad Session

- Athenry: Monday 7pm (Invite Only Squad)
 - Briarhill: Thursday 7pm to 8.30pm (Invite Only Squad)
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JUDO (Teens & Adults)

- Athenry: Monday 8pm, Wednesday 8pm, Friday 7.30pm
 - Briarhill: Thursday 7pm to 8.30pm
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