

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

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

ARTISTIC GYMNASTICS (10+yrs)

- **Athenry:** Thursday 7pm, Thursday 8pm, Saturday 1.30pm
- **Briarhill:** Wednesday 6pm, Friday 5pm, Saturday 11.30am

RHYTHMIC GYMNASTICS (U12s)

- **Briarhill:** Wednesday 5pm, Wednesday 7pm, Friday 6pm, Saturday 12.30pm

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JUDO Little Ninjas (4-6yrs)

- **Athenry:** Wednesday 5pm
- **Briarhill:** Saturday 9.30am

JUDO Little Samurai (5-8yrs)

- **Athenry:** Monday 5pm
- **Briarhill:** Tuesday 6pm

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)

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)

JUDO Development Squad Session

- **Athenry:** Monday 7pm (Invite Only Squad)
- **Briarhill:** Thursday 7pm to 8.30pm (Invite Only Squad)

JUDO (Teens & Adults)

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