

# Senshin Sport 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 6pm, Friday 5pm, 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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### JUDO (4-6yrs)

- Athenry: Wednesday 5pm
  - Briarhill: Saturday 9.30am
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### JUDO (7+yrs)

- Athenry: Monday 6pm (All grades), Wednesday 6pm (All grades), Wednesday 7pm (Orange belt and above), Friday 6.30pm (All grades)
  - Briarhill: Tuesday 6pm (All grades), Thursday 6pm (All grades), Sunday 10am (*Family Judo with Parent Participation*)
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### JUDO (Teens & Adults)

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