



2026 TYNONG TIMETABLE

(*Subject to Change)

CLASS STYLES		TUESDAY			FRIDAY	TOTAL HRS
TURN AND TWIRL RHYTHMIC (age 5+) - Acrobatics, flex, dance, rhythmic skills					4:30-5:30PM	1 HR
RHYTHMIC RECREATION (age 9+) - Acrobatics, flex, dance, rhythmic skills		5:30-6:30PM				1 HR
RHYTHMIC TRAINING (age 5+) - POCKET ROCKET SQUAD					5:30-6:30PM	1 HR
RHYTHMIC COMP TRAINING - TWIRLING TORNADOES SQUAD		5:15-7:15PM			5:30-7:30PM	4 HRS
RHYTHMIC COMP TRAINING - PINK LEMONADE SQUAD		5:15-8:15PM			4:30-7:30PM	6 HRS
RHYTHMIC COMP TRAINING - RHYTHMIC ROYALS		5-8:30PM			4-7:30PM	7 HRS