

RED HOT FLAMES TIMETABLE

AGE GROUP

**Pre-school
age
2-4yrs**

DAY AND TIME	TIME	CLASS
Wednesday	4.15 - 4.45pm	Tiny Flames - Pre school Tumble and Pom class
Saturday	9 - 9.30am	Tiny Flames - Pre school Tumble and Pom class

**TINY
School Year
Reception - Year
2**

Monday	5-6pm	Embers - Technical
Monday	6-7pm	Sunbeams - Jazz
Monday	6-7pm	Rage - Cheer
Wednesday	4.45-5.30pm	Twinkles - Recreational Pom class
Friday	6.30-8pm	Embers Summit -Travel team
Saturday	9 - 10am	Sparkles - Pom
Saturday	9.30 -10.15am	Twinkles - Recreational Pom class
Saturday	10.15 - 11.45am	Stardust - Competitive Pom
Saturday	12 - 1.30pm	Embers - Competitive Pom

**MINI
School Year
Year 3 - 5**

Monday	7-8pm	Dazzlers - Technical
Monday	6-7pm	Rage - Cheer
Tuesday	5.30-6.30pm	Heatwaves - Jazz
Saturday	1-2.30pm	Xplosion - Competitive Pom
Saturday	10am - 12pm	Dazzlers - Competitive Pom
Saturday	9 -11am	Blaze - Competitive Pom

Contact: Suzanne Roberts 07388 327273 for more details or any queries or email info.rhflames@gmail.com

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AGE GROUP	DAY AND TIME	TIME	CLASS
YOUTH School Year Year 6 - 8	Monday	5 - 7.30pm	Wildfire - Competitive Pom
	Monday	6-7pm	Rage - Cheer
	Tuesday	6 -7pm	Wildfire - Technical
	Tuesday	7.30-8.30pm	Fever - Jazz
	Saturday	11am - 1pm	Fireworks - Competitive Pom
JUNIOR School Year Year 9 - 11	Monday	7.30 - 9.30pm	Ignite - Worlds Team
	Monday	7 - 9pm	Fury - Competitive Pom
	Wednesday	6 - 7pm	Crossfire - Technical
	Tuesday	5 - 7.30pm	Crossfire - Competitive Pom
	Thursday	7 - 9pm	Fury - Technical
SENIOR School Year Year 12 - upwards	Tuesday	7.30 - 9.30pm	Energise - Competitive Pom
	Wednesday	7 - 9pm	Inferno - Coed Pom
	Thursday	6 - 7.30pm	Flames Allstar- Competitive Pom
	Thursday	7.30-8.30pm	Senior Technical
	Thursday	8.30 - 10pm	Flames - Worlds Team

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AGE GROUP	DAY AND TIME	TIME	CLASS
Open Age	Thursday	5-5.45pm	RHF Recreational Jazz
Open Age	Thursday	5.45-6.30pm	RHF Technical
Superstars Open Age	Thursday	6 - 7pm	Superstars - Recreational Pom Age 12yrs+
ACRO	Saturday	2.15 - 3.15pm	Acro - Recreational Class - open age
Rebound Gymnastics Academy Contact: Kerry 07368 687447	Monday	4 - 5.45pm	Advanced Over 8yrs
	Tuesday	4 -5.45pm	Advanced Under 7yrs
	Wednesday	4-5pm	Pre-school age
	Wednesday	5-6pm	Pre-school age
	Wednesday	6-7pm	Arieal Class
	Wednesday	7-8pm	Arieal Class
	Thursday	4-5pm	Bronze 8yr and under
	Thursday	5-6pm	Silver 8yr and over
Sunflower Dance Academy Contact:	Friday	5-8pm	Fun Fridays - dance, acro, conditioning
	Saturday	11.45-12.45pm	Ballet
	Crystal	sunflowerdanceacademy0161@gmail.com	

