

# SUNWAY GIZA



## FLYKIDZ GYMNASTICS (SUNWAY GIZA)

C-10-1, Sunway Giza, Jln PJU 5/14,  
Kota Damansara, 47810 PJ, SEL.  
Tel / Fax: 03-6148 3241

[www.fly-kidz.com](http://www.fly-kidz.com) • [giza@fly-kidz.com](mailto:giza@fly-kidz.com)

TIME	TUES	WED	THURS	FRI	TIME	SAT	SUN
10.00 AM	GYMTOTS		10.30 – 11.30 KINDERGYM		9 AM	GYMTOTS	
			RECREATION				
11.00 AM	KINDERGYM				10 AM	KINDERGYM	GYMTOTS
	RECREATION					RECREATION	
1.30 PM	KINDERGYM		KINDERGYM		11 AM	KINDERGYM	KINDERGYM
						RECREATION	RECREATION
2.30 PM	KINDERGYM	KINDERGYM	KINDERGYM		12 PM	KINDERGYM	KINDERGYM
	RECREATION	RECREATION	RECREATION			RECREATION	RECREATION
3.30 PM	KINDERGYM	KINDERGYM	GYMTOTS	KINDERGYM		12.00 - 1.30 PRE-INT	
	RECREATION	RECREATION		RECREATION			
4.30 PM	KINDERGYM	KINDERGYM	KINDERGYM	KINDERGYM	2.30 PM	KINDERGYM	
	RECREATION	RECREATION	RECREATION	RECREATION		RECREATION	
5.30 PM		KINDERGYM	KINDERGYM	5.30 – 7.30 INTERMEDIATE	3.30 PM	KINDERGYM	
		RECREATION	RECREATION			RECREATION	
		5.30 – 7.00 PRE-INT	5.30 – 7.00 PRE-INT				

GYMTOTS	1 – 3½ yrs
KINDERGYM	3 – 6 yrs
RECREATION	5 yrs & above
PRE-INTER	By selection only
INTERMEDIATE	By selection only

# MONT KIARA



## FLYKIDZ GYMNASTICS (MONT KIARA)

1-3 Jalan Solaris 3, Mont Kiara, 50480 Kuala Lumpur

Tel / Fax: 03-6203 7939

[www.fly-kidz.com](http://www.fly-kidz.com) • [contact@fly-kidz.com](mailto:contact@fly-kidz.com)

DAY/TIME	MON	TIME	TUES	WED	THURS	FRI	TIME	SAT
10.00 AM	GYMTOTS						9 AM	GYMTOTS
11.00 AM	GYMTOTS	10.30 AM	GYMTOTS	GYMTOTS	GYMTOTS	GYMTOTS	10 AM	KINDERGYM RECREATION
1.30 PM		1.30 PM		TEENY TRAMP	KINDERGYM	KINDERGYM RECREATION	11 AM	KINDERGYM RECREATION
2.30 PM	KINDERGYM RECREATION	2.30 PM	GYMTOTS	KINDERGYM RECREATION	KINDERGYM RECREATION	KINDERGYM RECREATION	12 PM	KINDERGYM RECREATION
3.30 PM	KINDERGYM RECREATION	3.30 PM	KINDERGYM RECREATION	KINDERGYM RECREATION	GYMTOTS	KINDERGYM RECREATION		12.00 – 1.30 PRE- INTERMEDIATE
4.30 PM	KINDERGYM RECREATION	4.30 PM	KINDERGYM RECREATION	KINDERGYM RECREATION	KINDERGYM RECREATION	KINDERGYM RECREATION	1.30 PM	RECREATION 1.30 – 3.00 PRE- INTERMEDIATE
5.30 PM	4.30 – 6.30 INTERMEDIATE	5.30 PM	5.30 – 7.00 PRE- INTERMEDIATE	5.30 – 7.30 INTERMEDIATE	4.30 – 6.30 INTERMEDIATE	5.30 – 7.00 PRE- INTERMEDIATE		3.30 – 5.00 INTERMEDIATE
6.30 PM	JR. TRAMP	6.30 PM			TAEKWONDO YOUTH TRAMP		3.30 PM	3.30 – 5.00 ADULT

GYMTOTS	1 – 3½ yrs
KINDERGYM	3 – 6 yrs
RECREATION	5 yrs & above
TEENY TRAMP	3 – 5 yrs
JR. TRAMP	5 – 8 yrs
YOUTH TRAMP	8 yrs & above
PRE-INTER	By selection only
INTERMEDIATE	By selection only
TAEKWONDO	3 yrs & above
ADULT	18 yrs & above