

mon tue wed thu fri sat sun

	9:30am-10:15am Flow Toddlers 1-3½ years		9:30am-10:15am Flow Toddlers 1-3½ years			
	10:30am-11:15am Flow Kids 3½-5 years		10:30am-11:15am Flow Kids 3½-5 years	10:30am-11:15am Flow Kids 3½-5 years	8:00am-8:45am Flow Kids 3½-5 years	
	12:15pm-1:00pm Parkour 5-12 years		11:15am-12:15am Drop-in Session Preschool	11:45pm-12:30pm Parkour 10-17 years	8:45am-9:30am Flow Kids 3½-5 years	9:30am-10:15am Tumble Kids 3½-5 years
2:30pm-3:15pm Parkour 5-12 years	1:15pm-2:00pm Tumbling 5-12 years			2:30pm-3:15pm Circus 5-12 years	9:30am-10:15am Parkour 5-6 years	9:30am-10:15am Parkour 5-6 years
3:45pm-4:30pm Parkour 6-7 years	2:15pm-3:00pm Parkour 5-12 years	3:45pm-4:30pm Parkour 5-7 years	3:45pm-4:30pm Parkour 5-6 years	3:45pm-4:30pm Parkour 5-6 years	9:30am-10:15am Tumbling 5-6 years	10:15am-11:00am Parkour 7-8 years
3:45pm-4:30pm Tumbling 5-6 years	3:45pm-4:30pm Parkour 5-6 years	3:45pm-4:30pm Tumbling 5-6 years	3:45pm-4:30pm Tumbling 5-6 years	3:45pm-4:30pm Tricking 6-8 years	10:15am-11:00am Parkour 7-8 years	10:15am-11:00am Tumbling 5-7 years
4:30pm-5:15pm Parkour 8-9 years	3:45pm-4:30pm Tumbling 8-12 years	4:30pm-5:15pm Parkour 8-10 years	4:30pm-5:15pm Parkour 7-8 years	4:30pm-5:15pm Parkour 7-9 years	10:15am-11:00am Tumbling 7-9 years	11:00am-11:45am Parkour 9-11 years
4:30pm-5:15pm Tumbling 7-9 years	4:30pm-5:15pm Parkour 7-9 years	4:30pm-5:15pm Tumbling 7-9 years	4:30pm-5:15pm Tumbling 7-9 years	4:30pm-5:15pm Tricking 9-15 years	11:00am-11:45am Parkour 9-10 years	11:00am-11:45am Tumbling 8-10 years
5:15pm-6:00pm Parkour 10-11 years	4:30pm-5:15pm Tricking 8-12 years	5:15pm-6:00pm Parkour 11-15 years	5:15pm-6:00pm Parkour 9-10 years	5:15pm-6:00pm Parkour 10-15 years	11:00am-11:45pm Tumbling 10-15 years	11:45am-12:30pm Parkour 12-15 years
5:15pm-6:00pm Tumbling 10-15 years	5:15pm-6:00pm Parkour 10-11 years	5:15pm-6:00pm Tumbling 10-15 years	5:15pm-6:00pm Tumbling 10-15 years	6:00pm-6:45pm Parkour Orange Band	11:45am-12:30pm Parkour 11-15 years	11:45am-12:30pm Tumbling 11-15 years
6:00pm-6:45pm Parkour 12-15 years	5:15pm-6:00pm Tricking 12-15 years	6:00pm-7:00pm Parkour Orange Band	6:00pm-6:45pm Parkour 11-12 years	7:00pm-9:00pm Drop-in Session Adults	12:30pm-2:00pm Drop-in Session 5-12 years	12:30pm-2:00pm Drop-in Session 5-12 years
6:00pm-7:00pm Tumbling Adults	6:00pm-6:45pm Parkour 12-14 years	6:00pm-7:00pm Tumbling Orange Band	6:00pm-6:45pm Dance Acro 8-14 years		2:15pm-4:15pm Bookable Party	2:15pm-4:15pm Bookable Party
7:00pm-8:00pm Muay Thai Adults	6:00pm-7:00pm Tricking Adults	6:00pm-7:00pm Tumbling Adults	6:45pm-7:30pm Parkour Teens		3:45pm-5:45pm Bookable Party	3:45pm-5:45pm Bookable Party
6:45pm-7:30pm Parkour Teens	7:00pm-9:00pm Drop-in Session Adults	7:00pm-8:00pm Muay Thai Adults	6:45pm-7:30pm Circus 8-15 years			
7:30pm-8:30pm Parkour Adults	All white / empty spaces privately bookable					

Preschool

Drop-in session

Classes

Adult

Bookable

Term one schedule 2025
(09) 5339006 flowacademy.co.nz

Flow
Albany