



FreeG

Release your freedom with a combination of gymnastics, parkour, and freestyle movement

Developed by British Gymnastics, this fitness phenomenon is a thrilling combination of gymnastics, parkour, obstacle training and freestyle movement.

If you're searching for an adrenaline-fuelled activity that's guaranteed to get you moving, look no further. FreeG offers a mix of dynamic games, skills, progressions, and challenges.

With a focus on coordination, agility, spatial awareness and strength, each session sets the foundations for an active future (developing essential skills for boarding, biking, skiing, climbing, and surfing).

Athletes can participate in two FreeG event categories, Speed and Freestyle. Obstacles, including bars, ramps and boxes are used by athletes in a creative display of skill, speed, and agility.

The Speed event is a simple race through the obstacles, with the fastest competitor to complete two laps of the course named the winner. For Freestyle, athletes have up to 60 seconds to move around the space impressing the judging panel with skills on the obstacles, bars and floor.

Class groups are:

- FreeG Junior for grade 1 to 10 years old
- FreeG Intermediate and Senior are for graduates from the previous level.

View our timetable below:



Monday	-
Tuesday	FreeG Junior 4.30-5.30pm FreeG Intermediate 5.30-7.00pm FreeG Senior 5.30-7.30pm
Wednesday	-
Thursday	FreeG Junior 3.30-4.30pm
Friday	-
Saturday	-

FIND OUT MORE: WWW.MACKAYGYMNASTICS.ORG.AU