



# FreeG

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

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 from grade 1 and up
- FreeG Intermediate and Senior are for graduates from the previous level.

View our timetable below:

\*Entry level classes listed below. Other levels are available upon invitation only.

Monday	-
Tuesday	FreeG Junior 4.30-5.30pm
Wednesday	-
Thursday	FreeG Junior 3.30-4.30pm
Friday	-
Saturday	-



Gymnastics  
Queensland

SCAN THE QR CODE TO  
BOOK A FREE TRIAL OR  
ENROL IN THE CLASS



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