



Men's Artistic Gymnastics

Discover daring skills of strength

Men's Artistic Gymnastics (MAG) combines elements of strength, power, agility, and artistry to produce amazing feats of highflying skill and awe-inspiring strength.

Develop self confidence, fitness, and work ethic in this challenging, fun, and safe gymsport. Athletes perform on the following six apparatus:

- Floor
- Pommel Horse
- Rings
- Vault
- Parallel Bars
- Horizontal Bar

In Men's Artistic Gymnastics, you can:

- Build strength and body awareness
- Grow self-confidence and creative expression
- Enhance coordination, mobility, flexibility, and agility
- Develop healthy minds and bodies for now and later in life

View our timetable below:

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

Monday	-
Tuesday	-
Wednesday	-
Thursday	-
Friday	-
Saturday	Boys Bronze 9.30-10.30am



Gymnastics
Queensland

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



FIND OUT MORE: WWW.MACKAYGYMNASTICS.ORG.AU