



**TALENT CENTRAL**  
Cheer and Dance

# What we offer



## Open Gym

Come along to London's most popular open gym!

Boasting two sprung floors and enough room to tumble and stunt, you're sure to be able to train in a space that meets your needs!

To attend you will need to sign a waiver, which you can do [HERE!](#)



### Ages?

**13+**

Unfortunately we are unable to allow athletes that are 12 and under to attend open gyms.

Please consider this in your planning.



### When?

**Wednesday**  
8.00-10.00pm

**Thursday**  
8.00-10.00pm

#### Please note:

There will be occasions where Open Gyms may be cancelled, or even extended. **NO BOOKING NECESSARY!**



### Cost?

**£5.00**

per session\*

#### Please Note:

There may be a price increase for Open Gym Sessions in the 24/25 season