

Day	Class	Time	Studio	Description	Ages
Monday	Multisports	15.45 – 16.45	Studio 1	Active	5 – 7 years
	Teen workout*	16.00 – 18.00	Gym	Graduates only gym session	12 – 15 years
	Teen fit academy Stage 1	16.30 – 17.00	Gym	Foundation Session Introduction to gym	12 – 15 years
Tuesday	Multisports	16.45 – 17.45	Studio 1	Active	8 – 11 years
	Teen workout*	16.00 – 18.00	Gym	Graduates only gym session	12 – 15 years
	Teen fit academy stage 2	16.30 – 17.00	Gym	Developmental Session Introduction to gym	12 – 15 years
Wednesday	Teen workout*	16.00 – 18.00	Gym	Graduates only gym session	12 – 15 years
Thursday	Teen fit academy stage 2	16.30 – 17.00	Gym	Developmental Session Introduction to gym	12 – 15 years
	Multisports	16.00 – 17.00	Studio 1	Active	5 – 7 years
	Teen workout*	16.00 – 18.00	Gym	Graduates only gym session	12 – 15 years
	Multisports	17.00 – 18.00	Studio 1	Active	8 – 11 years
Friday	Karate	18.00 – 19.00	Mind and body studio	Fun and Focused	8 – 15 years
	Teen workout*	16.00 – 19.00	Gym	Graduates only gym session	12 – 15 years
	Street dance	16.30 – 17.30	Studio 1	Active	8 years +
Saturday	Teen workout **	11.00 – 18.00	Gym	Graduates only gym session	12 – 15 years
Sunday	Family dance mats	10.30 – 11.15	Studio 1	Parents and children	All
	Teen workout **	11.00 – 18.00	Gym	Parents and Teen graduates only	12 – 15 years

Teen Fit stages 1 and 2 to be booked at gym reception.

All other classes are to be booked in advance at reception. If you are unable to attend please cancel your booking. Please ensure you wear appropriate clothing and non marking footwear. Parents must sign their children in at the start of the session and sign them out on collection. Parents/guardians must be on site at all times during their child's class or workout session.

* Teen workout sessions are where teenagers can make responsible use of the gym under the following condition: They must have previously attended the "Teen Fit" stages 1 and 2 with a qualified instructor to use the gym and graduated.

** Teens must be accompanied by Parents for the duration of this session.