

## Timetable 2010 Summer Holidays

### Monday (except Bank Holiday)

Teen Fit	Gym	11.00 - 13.00	Graduates Only
Kids Boot Camp	Outside	15.15 - 16.00	8 - 11 yrs
Fitness Time	Studio 1	16.00 - 16.45	8 - 11 yrs

### Tuesday

Junior Boot Camp	Outside	11.00 - 12.00	All ages
Teen Fit Only	Gym	14.00 - 16.00	Graduates

### Wednesday

Teen Fit	Gym	10.00 - 12.00	Graduates Only
Stage 1 Teen Fit*	Gym	16.15 - 17.00	Stage Induction
Boot Camp	Outside	15.15 - 16.00	8-11 yrs
Fitness Time	Studio 1	16.00 - 16.45	8-11 yrs

### Thursday

Movie Time	Meet @Reception	10.30 - 12.00	All ages
Stage 2 Teen Fit*	Gym	14.00 - 14.45	Stage 2 Development
Teen Fit Only	Gym	14.00 - 16.00	Graduates
Karate	Wellness Studio	18.00 - 19.00	Gerard

# theclub

## Friday

Teen Fit

Gym

14.00 – 16.00

Graduates Only

## Sunday

Family Dance Mats

Studio 1

10.30 – 11.15

All ages

All classes must be booked in at main reception. Parents must sign their children in and sign them out on collection. Please ensure children wear suitable clothing and non marking footwear. For outdoor activities, suncream, sun protection and water bottle are advisable.

\* Stage 1 & 2 sessions must be booked at the gym reception.

theclub

at cadbury house

