

Class Time Table

Activity Programme 14th February - 11th April 2010

Adults

Monday

6:00pm - 8:00pm Slimming World
8:30pm - 9:30pm Pilates [Enrolment]

Tuesday

6:45pm - 7:45pm Pilates [Enrolment]
7:00pm - 8:00pm Tae Kwon-Do
8:00pm - 9:00pm Total Body Workout

Wednesday

6:45pm - 7:45pm Yoga [Enrolment]
7:00pm - 8:00pm Pilates Beginners [Enrolment]
8:15pm - 9:15pm Cardio Cycle [Enrolment]

Thursday

6:00pm - 7:30pm Weight Watchers
6:30pm - 8:00pm Kung Fu Martial Arts
8:30pm - 9:30pm Pilates Beginners [Enrolment]

Friday

10:00am - 11:00am Pilates (Drop In)
5:00pm - 6:00pm Tae Kwon-Do
7:00pm - 9:00pm Basketball Club

Saturday

11:00am - 12:30am Kick Boxing

Children

Tuesday

4:00pm - 5:00pm Soccer Coaching (4-7yrs)
5:00pm - 6:00pm Soccer Coaching (8-11yrs)
7:00pm - 8:00pm Tae Kwon-Do

Wednesday

4:00pm - 5:00pm Multi-Skills (4-7yrs)
5:00pm - 6:00pm Hockey Coaching (7-11yrs)
6:00pm - 7:00pm Disco Dancing (4yrs+)

Thursday

4:00pm - 5:00pm Soccer Coaching (4-7yrs)
5:00pm - 6:00pm Soccer Coaching (12-15yrs)
6:30pm - 8:00pm Kung Fu Martial Arts

Saturday

10:00am - 11:00am Kick Boxing (4-12yrs)
11:00am - 12:30am Kick Boxing (13yrs+)