

Young People Fitness & Activity Classes

Monday

Tuesday

Kung-Fu

6.30 pm -8.00 pm

Thursday

Ju-Jitsu

7.00 pm -8.00 pm

Friday

Toddler- Soccer (ToddlerSoccer.org)

5.00 pm -5.45 pm

Mini-Soccer (TW.Sports.org)

6.00 pm -7.00 pm

Fit – Club 12 -15 yr old

8.00 pm – 9.00 pm

(Enrolment Necessary)

Saturday

Gymnastics)

9.00 am -9.45 am

(Enrolment Necessary)

9.45 am .10.30 am

10.30 am -11.15 am

11.15 am -12.00 pm

**To Enroll or for Further Information Please Contact Reception on 028 3884
1110**