

## A range of classes for 5-13 year olds

Welcome to our Kids and Family fitness class timetable of group exercise classes, all taught by qualified and experienced instructors. Designed for families with children in different age ranges, there is something for everyone.



# Kids and Family fitness classes

Monday 19 November-Friday 21 December

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Family Yoga</b> 4.00-4.40pm Michelle Studio 4	<b>813 Club</b> 3.45-4.30pm Gym Team Meet Gym	<b>527 Tramp for Fun</b> 3.50-4.35pm Fabiana Main Hall	<b>813 Club</b> 4.00-4.45pm Gym Team Meet Gym	<b>813 Club</b> 4.30-5.15pm Gym Team Gym	<b>813 Club</b> 9.00-9.45am Gym Team Gym	<b>813 Club</b> 9.00-9.45am Gym Team Gym
<b>813 Club</b> 3.45-4.30pm Gym Team Gym	<b>813 Club 11+</b> Cardio Fit 4.30-5.15pm Gym Team Gym	<b>527 Soccer Coaching</b> 4.00-4.55pm Main Hall	<b>813 Club 11+</b> Cardio Fit 4.45-5.30pm Gym Team Gym		<b>Family Circuits</b> 10.30-11.15am Rebecca Studio 3	<b>Gym Open Session</b> for Adults & Kids aged 8-13 10.00-12.00pm Gym Team Gym
<b>813 Club 11+</b> Cardio Fit 4.30-5.15pm Gym Team Gym	<b>Family / 813 Pilates</b> 5.35-6.20pm Viv Studio 4	<b>813 Club</b> 4.15-5.00pm Gym Team Gym	<b>813 Dance Club</b> 5.05-5.50pm Studio 2			
<b>813 Yoga</b> 4.45-5.30pm Michelle Studio 3		<b>813 Tramp Club</b> 4.35-5.20pm Fabiana Main Hall				
					<b>Timetable subject to change during quiet periods</b>	
					<b>School Holidays</b> This timetable will not operate fully during School Holidays. A revised timetable will be available 2 weeks before each holiday.	

Prices	Member	Non-Member
527 Classes	FREE	£3.80
527/813 Tramp for fun	FREE	£5.50
813 Club and classes	FREE	£3.80
Family classes	FREE	£3.20
Open gym sessions	FREE	Usual gym prices apply

### Class Etiquette

- Physical activity readiness questionnaire (PAR-Q) for 813 Club and Classes to be completed by the parent or guardian at time of booking
- Please wear appropriate clothing and footwear
- Please bring water (no glass bottles or cans)
- Parent or guardian to tell the Instructor about any injuries or medical problems
- At the end of the session, the child becomes the responsibility of the parent or guardian and is no longer in our charge