



Kids & Family fitness classes

Monday 2 September - Sunday 22 December

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Family Yoga 4.00-4.40pm Michele Studio 3	813 Club 3.45-4.30pm Gym Team Meet Gym	527 Tramp for Fun 3.50-4.25pm Main Hall	813 Club 4.00-4.45pm Gym Team Meet Gym	813 Club 4.30-5.15pm Gym Team Gym	813 Club 9.00-9.45am Gym Team Gym	813 Club 9.00-9.45am Gym Team Gym
813 Club 3.45-4.30pm Gym Team Gym	527 Athletic Fun ✖ 4.00-4.45pm Lou Cricket Pavilion	527 Soccer Coaching 4.00-4.55pm Main Hall	813 Club 11+ Cardio Fit 4.45-5.30pm Gym Team Gym	813 Swim Skills 5.30-6.00pm Jackie Main Pool	Family Circuits 10.30-11.15am Hannah Studio 3	Family/813 Swim Skills* 10.00-10.45am Andy Main Pool
813 Club 11+ Cardio Fit 4.30-5.15pm Gym Team Gym	813 Club 11+ Cardio Fit 4.30-5.15pm Gym Team Gym	813 Club 4.15-5.00pm Gym Team Gym	813 Dance Party 5.05-5.50pm Studio 2	Beyond 813 Yr8-9 5.15-6.00pm Gym Team Gym		Gym Open Session for Adults & Kids aged 8-13 10.00 & 11.00am Gym Team Gym
813 Yoga 4.45-5.30pm Michele Studio 3	813 Athletic Basics* 4.50-5.45pm ✖ Lou Cricket Pavilion	813 Tramp Club 4.35-5.20pm Main Hall				
	Family / 813 Pilates 5.35-6.20pm Viv Studio 4		✖ Until October half term only			
			<i>Please visit website for class descriptions</i>			

813 CLUB ALSO AVAILABLE AT:

PELHAMS

813 Club	Mon, Tues & Fri	4.15 to 5.00pm
813 Club 11+	Thurs	4.15 to 5.00pm
Beyond 813	Wed	4.15 to 5.00pm
813 Gym Open Session	Sat & Sun	2.00 & 3.00pm
Family Circuit	Sun	9.30 to 10.15am

SIR DAVID ENGLISH

813 Club	Mon, Tue, Thur & Fri	4.00 to 4.45pm
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CORFE MULLEN

813 Club 11+ CardioFit	Mon	4.15pm to 5.00pm
813 Club	Wed & Fri	4.15pm to 5.00pm
Gym Open Session	Sat & Sun	11.30am & 12.30pm

STOKEWOOD

813 Club	Sun	10.00 to 10.45am
813 Club 11+ Cardio Fit	Wed	4.15 to 5.00pm
813 Gym Open Session	Sat & Sun	1.00 & 2.00pm

QUEENS PARK

527 Yoga	Thurs	3.50 to 4.30pm
813 Yoga	Thurs	4.35 to 5.20pm

school holiday activities

October half term

Monday 28 Oct-Friday 1 Nov

Keep your children active throughout the school holidays.

We offer a range of sports and activities suitable for all interests and abilities including:

2 Day Trampoline Course

Monday & Tuesday 2pm or 3pm

Morning Holiday Clubs

Tuesday (Trampoline) & Thursday (Halloween fun & games)

527/813 Trampoline Session

Tuesday 12.10pm

Acro Dance - Wednesday

10.30am 5-7 years, 1.30pm 8-13 years

Under 5s Sessions

Monday, Wednesday and Friday mornings

3 day intensive swimming courses

Tuesday to Thursday

Adult & Under 4½ swim session

Friday 9.15-10.00am

First Splash Adult & Baby

Friday 10.00-10.30am

Under 8s MAGIC SHOW

Thursday 1.45-2.30pm

Under 8s GET UP & GROOVE DISCO

Thursday 3.00-4.00pm

Pick up a copy of the holiday activities leaflet available from the beginning of October or visit

bhliveactive.org.uk/school-holiday-activities

Timetable subject to change during quiet periods

Prices	Members	Non-Members
527 Classes	FREE	£3.95
527/813 Tramp for fun	FREE	£5.70
813 Club and classes	FREE	£3.95
Family classes	FREE	£3.30
Open gym sessions	FREE	Usual gym prices apply