



Kids class timetable

Monday 6 January - Sunday 5 April

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday																		
Family Yoga 4.30-5.15pm Michele Studio 3	Athletic Fitness 5-11 years 3.55-4.40pm Lou Main Hall	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 4.15-5.00pm Gym Team Gym	813 Club 4.00-4.45pm Gym Team Meet Gym	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																		
Teen Spin* From 12+ (4ft 11") 5.00-5.25pm Lisa Spin Studio	Teen /Family Spin* From 12+ (4ft 11") 4.50-5.20pm Lou Spin Studio	813 Club 4.15-5.00pm Gym Team Gym		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																		
* NEW Teen Spin participants must be minimum height 4'11" and minimum age 12 years	Family 813 Pilates 5.35-6.20pm Viv Studio 4	813 Tramp Club 4.35-5.20pm Main Hall			Timetable subject to change during quiet periods <table border="1"> <thead> <tr> <th>Prices</th> <th>Members</th> <th>Non-Members</th> </tr> </thead> <tbody> <tr> <td>527 Classes</td> <td>FREE</td> <td>£4.00</td> </tr> <tr> <td>527/813 Tramp for fun</td> <td>FREE</td> <td>£5.90</td> </tr> <tr> <td>813 Club and classes</td> <td>FREE</td> <td>£4.00</td> </tr> <tr> <td>Family classes</td> <td>FREE</td> <td>£3.40</td> </tr> <tr> <td>Open gym sessions</td> <td>FREE</td> <td>Usual gym prices apply</td> </tr> </tbody> </table>		Prices	Members	Non-Members	527 Classes	FREE	£4.00	527/813 Tramp for fun	FREE	£5.90	813 Club and classes	FREE	£4.00	Family classes	FREE	£3.40	Open gym sessions	FREE	Usual gym prices apply
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			<i>Please visit website for class descriptions</i>																					

813 CLUB ALSO AVAILABLE AT:

PELHAMS		CORFE MULLEN	
813 Club	Mon, Tues & Fri	813 Club 11+	Mon
813 Club 11+	Thurs	CardioFit	Wed
Beyond 813	Wed	813 Club	Sat & Sun
813 Gym Open Session	Sat & Sun	Gym Open Session	Sat & Sun
Family Circuit	Sun	STOKEWOOD	
SIR DAVID ENGLISH		813 Club	Sun
813 Club	Mon, Tue, Thur & Fri	813 Club 11+	Wed
		Cardio Fit	Sat & Sun
		813 Gym Open Session	Sat & Sun
813 Gym Open Session	Sat & Sun	QUEENS PARK	
Family Circuit	Sun	527 Yoga	Thurs
		813 Yoga	Thurs

school holiday activities

February half term
Monday 17-Friday 21 February

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

Tuesday & Wednesday 2pm or 3pm

Morning Holiday Clubs

9.15am-12.00noon
Tuesday (trampoline) & Thursday (gymnastics)

527/813 Trampoline Session

Tuesday 12.10pm

Acro Dance - Monday

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

Friday 1.00-1.45pm

Under 8s GET UP & GROOVE DISCO

Friday 2.15-3.15pm

Pick up a copy of the holiday activities leaflet available from the end of January or visit

bhliveactive.org.uk/school-holiday-activities