

TIMETABLE

MONDAY

Time	Class	Studio	Instructor
10.30-11.00	Imagination Movers 18M-4YRS	Kaizen	Emily
16.15-16.45	Indoor Hockey 5-12YRS	Dance	Resli
16.45-17.15	Dodge Ball 5-12YRS	Dance	Resli
17.00-17.30	Hyperspin 12-15YRS	Cycle	Sarah

TUESDAY

Time	Class	Studio	Instructor
9.15-10.15	Junior Tennis 6-8YRS	Tennis Courts	Shona
10.45-11.30	Imagination Movers 1-4YRS	Dance	Emily
16.30-17.15	Dance Zone 5YRS +	Dance	Zoe

WEDNESDAY

Time	Class	Studio	Instructor
10.30-11.15	Sing And Splash 3M-5YRS	Pool	Resli
16.30-17.15	Teen Fitness Zone 12-15YRS	Gym Floor	Ruth

THURSDAY

Time	Class	Studio	Instructor
16.15-17.00	MultiSports 10-15YRS	Dance	Zoe
17.15-18.00	Teen Fitness - 13-15YRS	Gym Floor	Ben
17.00-18.00	Teen Yoga 13-15YRS	Kaizen	Sophie

FRIDAY

Time	Class	Studio	Instructor
9.30-10.30	Kids Bootcamp 6YRS +	Reception	Ben
11.30-12.30	Family Yoga	Kaizen	Cathy
16.30-17.15	Kids Box Fit 7-14YRS	Dance	Ben
17.15-18.00	Teen Fitness Zone 13-15 YRS	Gym Floor	Zoe

SATURDAY

Time	Class	Studio	Instructor
10.00-10.45	Athletics Club 5-15YRS	Reception	Ruth
11.30-12.00	Junior Tennis 6-8YRS	Tennis Courts	Shona
12.00-13.00	Junior Tennis 10-15YRS	Tennis Courts	Shona
13.00-14.00	Family Yoga 5+	Kaizen	Cathy
13.00-14.00	BiteSize Bootcamp 8-13YRS	Dance	Bitesize
14.00-15.00	BiteSize Bootcamp 3-6YRS	Dance	Bitesize

SUNDAY

Time	Class	Studio	Instructor
10.00-11.00	Football Coaching 4-8YRS	Reception	Josh
11.00-12.00	Football Coaching 9-13YRS	Reception	Josh
12.30-13.30	Family Karate 3YRS+	Dance	Lisa
13.30-14.30	Junior Karate 3-15YRS	Dance	Lisa



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