

Gym Programme Aged 5+

Monday	5.15 - 6.15pm 8.30 - 10.00pm	Beginners 5+ Adult Gym
Tuesday	4.15 - 5.15pm 5.15 - 6.15pm 6.15 - 7.15pm 6.15 - 7.45pm	Beginners 5+ Improvers Improvers 11+ Advanced Improvers
Wednesday	4.30 - 5.30pm 5.30 - 6.30pm	Beginners 5+ Improvers
Thursday	4.15 - 5.15pm 5.15 - 6.15pm 6.15 - 7.45pm	Beginners 5+ Improvers Advanced Improvers
Friday	4.15 - 5.15pm 5.15 - 6.15pm	Beginners 5+ Improvers 11+
Saturday	10.30 - 11.30am Improvers 11.30 - 12.30pm Beginners 5+	

Trampolining

Tuesday	4.15 - 5.15pm 5.15 - 6.15pm	Trampolining 5- 8 Years Trampolining Aged 8+
Wednesday	4.00 - 5.00pm 5.00 - 6.00pm	Trampolining 4-5 Years Trampolining aged 8+
Friday	4.15 - 5.15pm	Trampolining Aged 8+
Saturday	9.30 - 10.30am 10.30 - 11.30am 11.30 - 12.30am	Trampolining 4 - 5 Years Trampolining 5 - 8 Years Advanced Trampolining

Structured class £5.50 per lesson payable monthly by standing order- £22.91 a month.

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