



DAY	TIME	ACTIVITY	AGE / LEVEL	LOCATION	KEY
Monday	10:30 - 11:15	Supervised Gym	All Levels	Gym Area 1	
Monday	11:15 - 12:00	Supervised Gym	All Levels	Gym Area 1	
Monday	16:30 - 17:15	Family Welcome	All Levels	Club Rm	
Monday	17:30 - 18:30	Get Active	All Levels	Bad Crt 3, 4	
Monday	17:45 - 18:30	Supervised Gym	All Levels	Gym Area 1	
Monday	18:30 - 19:15	Supervised Gym	All Levels	Gym Area 1	
Monday	18:30 - 19:25	Multi Sports	All Levels	Bad Crt 3	
Tuesday	10:30 - 11:15	Imagine	All Levels	Studio 4	
Tuesday	10:30 - 11:15	Supervised Gym	All Levels	Gym Area 1	
Tuesday	11:15 - 12:00	Supervised Gym	All Levels	Gym Area 1	
Tuesday	17:30 - 18:25	Lets Create	3-4 Years	Studio 4	
Tuesday	17:30 - 18:25	Make & Create	All Levels	Studio 4	
Tuesday	17:45 - 18:30	Supervised Gym	All Levels	Gym Area 1	
Tuesday	18:30 - 19:15	Supervised Gym	All Levels	Gym Area 1	
Tuesday	18:30 - 19:25	Multi Sports	All Levels	Bad Crt 3	
Wednesday	10:30 - 11:15	Supervised Gym	All Levels	Gym Area 1	
Wednesday	11:15 - 12:00	Supervised Gym	All Levels	Gym Area 1	
Wednesday	17:30 - 18:25	Multi Sports	All Levels	Bad Crt 3	
Wednesday	17:45 - 18:30	Supervised Gym	All Levels	Gym Area 1	
Wednesday	18:30 - 19:15	Supervised Gym	All Levels	Gym Area 1	
Wednesday	18:30 - 19:30	Get Active	All Levels	Bad Crt 3, 4	
Thursday	09:30 - 10:25	Mini Active	All Levels	Studio 4	
Thursday	10:15 - 11:00	Parent & Baby Coffee Morning	All Levels	Club Rm	
Thursday	10:30 - 11:15	Supervised Gym	All Levels	Gym Area 1	
Thursday	11:15 - 12:00	Supervised Gym	All Levels	Gym Area 1	
Thursday	16:30 - 17:15	Kids Splash	All Levels	Ind Pool	
Thursday	17:30 - 18:25	Lets Create	All Levels	Studio 4	
Thursday	17:30 - 18:25	Make & Create	All Levels	Studio 4	
Thursday	17:45 - 18:30	Supervised Gym	All Levels	Gym Area 1	
Thursday	18:30 - 19:15	Supervised Gym	All Levels	Gym Area 1	
Thursday	18:30 - 19:25	Multi Sports	All Levels	Bad Crt 1	
Friday	10:30 - 11:15	Supervised Gym	All Levels	Gym Area 1	
Friday	11:15 - 12:00	Supervised Gym	All Levels	Gym Area 1	
Friday	16:45 - 17:30	Mini Dance	All Levels	Studio 4	
Friday	17:30 - 18:30	DL Kids Club Night	All Levels	Bad Crt 3, 4	
Friday	17:45 - 18:30	Supervised Gym	All Levels	Gym Area 1	
Friday	18:30 - 19:15	Supervised Gym	All Levels	Gym Area 2	
Friday	18:30 - 19:25	DL Kids Tae Kwon Do	All Levels	Studio 2	
Friday	18:30 - 19:30	DL Kids Club Night	All Levels	Bad Crt 3, 4	
Saturday	10:00 - 10:45	Family Welcome	All Levels	Club Rm	
Saturday	11:00 - 11:45	Supervised Gym	All Levels	Gym Area 1	
Saturday	11:00 - 12:30	Multi Sports	5-7 Years	Bad Crt 3	
Saturday	11:45 - 12:30	Supervised Gym	All Levels	Gym Area 1	
Saturday	12:30 - 13:30	Family Splash	All Levels	Pool	
Saturday	14:00 - 15:00	Get Active	All Levels	Bad Crt 3, 4	
Sunday	10:00 - 10:55	Lets Create	All Levels	Studio 5	

**KEY**

- £ Additional fee for this class
- \* Adult class coincides with children's activity
- PP Pay Pro
- PR Pay Reception
- CL Class
- CO Course

