

DAY	TIME	ACTIVITY	AGE / LEVEL	LOCATION	KEY
Monday	16:15 - 17:00	Pre School Gymnastics	All Levels	Kids Zone	
Monday	17:00 - 17:45	DL Kids Gymnastics Beginners	Beginner	Kids Studio	
Monday	17:00 - 17:45	Start Up	All Levels		
Monday	17:59 - 19:00	DL Kids Badminton Beginners	Beginner	Bad Crt 1-4	
Monday	17:59 - 19:00	DL Kids Gymnastics Intermediates	Intermediate	Kids Zone	
Tuesday	17:00 - 17:30	Family Welcome	All Levels		
Tuesday	17:00 - 17:45	Mini Active	All Levels	Bad Crt 3, 4	
Tuesday	17:00 - 18:00	DL Kids Trampoline	5-7 Years	Bad Crt 1, 2	
Tuesday	18:00 - 19:00	DL Kids Trampoline	8-11 Years	Bad Crt 2, 3	
Tuesday	19:00 - 19:15	DL Kids Event/Party	All Levels	Bad Crt 1	
Tuesday	19:00 - 20:00	DL Kids Trampoline	12-13 Years	Bad Crt 2, 3	
Wednesday	16:15 - 17:00	Lets Create	All Levels	Kids Zone	
Wednesday	16:15 - 17:00	Make & Create	All Levels		
Wednesday	17:00 - 17:45	DL Kids Cheerleading Beginners	Beginner	Kids Zone	
Wednesday	17:00 - 17:45	FIT Boxercise	11+ years	Studio	
Wednesday	17:00 - 17:45	Start Up	All Levels		
Thursday	13:00 - 14:00	Mini Active	All Levels	Kids Zone	
Thursday	17:00 - 17:45	Mini Active	All Levels	Bad Crt 3	
Thursday	17:00 - 18:00	DL Kids Trampoline	5-7 Years	Bad Crt 2	
Thursday	18:00 - 19:00	DL Kids Football	All Levels		
Thursday	18:00 - 19:00	DL Kids Trampoline	8-11 Years	Bad Crt 3	
Thursday	19:00 - 19:15	DL Kids Event/Party	All Levels	Bad Crt 1	
Friday	16:30 - 17:15	FIT Circuits	11+ years		
Friday	16:30 - 17:25	Mini Active	All Levels	Kids Zone	
Friday	16:30 - 17:31	DL Kids Athletics	All Levels	Bad Crt 1-4	
Friday	17:30 - 18:00	Start Up Cycle	All Levels		
Friday	17:45 - 19:15	DL Kids Movie Time	All Levels		
Friday	18:00 - 18:30	Family Welcome	All Levels		
Saturday	09:00 - 10:00	DL Kids Trampoline	5-7 Years	Bad Crt 2	
Saturday	09:15 - 10:00	Mini Active	All Levels	Bad Crt 1	
Saturday	10:00 - 11:00	DL Kids Trampoline	8-11 Years	Bad Crt 2	
Saturday	10:15 - 11:00	DL Kids Badminton Beginners	Beginner		
Saturday	11:00 - 11:15	DL Kids Event/Party	All Levels	Bad Crt 1	
Saturday	11:15 - 12:00	DL Kids Ballet	All Levels	Kids Zone	
Saturday	11:15 - 12:00	DL Kids Basketball Beginners	Beginner	Bad Crt 2	
Saturday	12:00 - 12:30	Family Welcome	All Levels		
Saturday	12:00 - 13:00	DL Kids Dance Beginners	Beginner	Kids Zone	
Sunday	10:00 - 10:45	Aqua Splash	All Levels		
Sunday	11:00 - 11:45	Tots Football	All Levels	Bad Crt 1-4	
Sunday	12:00 - 13:00	DL Kids Football	All Levels	Bad Crt 1-4	
Sunday	13:15 - 13:45	DL Kids Karate Beginners	Beginner	Studio	
Sunday	13:45 - 14:30	DL Kids Karate Intermediates	Intermediate	Studio	
Sunday	14:30 - 15:31	DL Kids Karate Advanced	Advanced	Studio	

DL KIDS ACTIVITY CATEGORIES

- Club Coaching (Coaching)
- Club Crèche (Crèche)
- Club Play (Play)
- Club Active (Active)
- Club Fitness (Fitness)
- Club Water Activities (Water)
- Other Kids Activities & Parties (Misc)

For more information on any club activities, including birthday parties and holiday activities, please speak to reception or the DL Kids team. Activities may vary by club.

KEY

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