



DAY	TIME	ACTIVITY	AGE / LEVEL	LOCATION	KEY
Monday	15:30 - 17:00	DL Kids Trampoline	5-7 Years	Bad Cr 1	
Monday	16:00 - 16:45	Mini Active	3-4 Years	Wellness Studio	
Monday	16:00 - 17:00	Get Active	5-7 Years	Bad Cr 2	
Monday	16:00 - 17:00	Supervised Gym	8-11 Years	Gym	
Monday	17:00 - 18:30	DL Kids Trampoline	8-11 Years	Bad Cr 1	
Tuesday	16:00 - 16:45	Mini Dance	3-4 Years	Wellness Studio	
Tuesday	16:00 - 17:00	Get Active	5-7 Years	Main Studio	
Tuesday	16:00 - 17:00	Multi Sports	8-11 Years	Bad Cr 2	
Tuesday	17:00 - 17:45	Lets Create	3-4 Years	Conf Rm	
Tuesday	17:00 - 18:00	Get Active	8-11 Years	Main Studio	
Tuesday	17:00 - 18:00	Multi Sports	5-7 Years	Bad Cr 2	
Wednesday	16:00 - 16:45	Mini Active	3-4 Years	Wellness Studio	
Wednesday	16:00 - 17:00	Get Active	8-11 Years	Bad Cr 2	
Wednesday	16:00 - 17:00	Multi Sports	5-7 Years	Main Studio	
Wednesday	17:00 - 18:00	DL Kids Yoga	5-7 Years		
Wednesday	17:00 - 18:00	DL Kids Yoga	8-11 Years		
Wednesday	17:00 - 18:00	DL Kids Yoga	12-13 Years	Wellness Studio	
Wednesday	17:00 - 18:00	Get Active	5-7 Years	Bad Cr 2	
Wednesday	17:00 - 18:01	Supervised Gym	12-13 Years	Gym - Part A	
Thursday	16:00 - 16:45	Mini Dance	3-4 Years	Wellness Studio	
Thursday	16:00 - 17:00	Get Active	5-7 Years	Bad Cr 2	
Thursday	16:00 - 17:00	Supervised Gym	8-11 Years	Gym	
Thursday	17:15 - 18:15	FIT Boxing	11+ years	Gym - Part A	
Thursday	17:15 - 19:15	DL Kids Club Night	All Levels	Conf Rm	
Friday	16:00 - 18:00	DL Kids Movie Time	All Levels	Conf Rm	
Friday	16:30 - 18:30	DL Kids Squash	All Levels	Sq Cr 1, 2	
Friday	18:00 - 19:01	Family Cycle	12-13 Years		
Saturday	10:00 - 10:45	Mini Active	3-4 Years	Bad Cr 2	
Saturday	10:00 - 11:00	Make & Create	5-7 Years	Sports H	
Saturday	10:00 - 11:00	Multi Sports	8-11 Years	Bad Cr 1	
Saturday	11:00 - 11:45	Lets Create	3-4 Years	Sports H	
Saturday	11:00 - 12:00	Get Active	8-11 Years	Bad Cr 2	
Saturday	11:00 - 12:00	Multi Sports	5-7 Years	Bad Cr 1	
Saturday	11:00 - 12:01	Supervised Gym	12-13 Years	Gym - Part A	
Saturday	14:30 - 16:30	Birthday Parties	All Levels	Bad Cr 2	
Sunday	09:30 - 10:15	Lets Create	3-4 Years	Bad Cr 1	
Sunday	09:30 - 10:30	Get Active	5-7 Years	Bad Cr 2	
Sunday	09:30 - 10:30	Supervised Gym	8-11 Years	Gym	
Sunday	10:30 - 11:15	Mini Active	3-4 Years	Bad Cr 1	
Sunday	10:30 - 11:30	Make & Create	5-7 Years	Bad Cr 2	
Sunday	10:30 - 11:30	Supervised Gym	8-11 Years	Gym	
Sunday	14:30 - 15:00	Birthday Parties	All Levels	Wellness Studio	
Sunday	14:30 - 16:30	Birthday Parties	All Levels	Bad Cr 2	

**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