

DAY	TIME	ACTIVITY	AGE / LEVEL	LOCATION	KEY
Monday	10:35 - 11:20	DL Kids Gymnastics	All Levels	Studio 2	£
Monday	11:30 - 12:15	Mini Active	3-4 Years	Studio 2	
Monday	16:00 - 17:30	Family Gym (14+yrs)	14 Years +	Gym	
Monday	17:00 - 17:45	Start Up (14+yrs)	14 Years +	Gym - Part C	
Monday	17:30 - 19:00	Family Gym (14+yrs)	14 Years +	Gym - Part A	
Monday	17:45 - 18:45	Supervised Gym	12-13 Years	Gym - Part D	
Tuesday	16:00 - 17:30	Family Gym (14+yrs)	14 Years +	Gym	
Tuesday	16:15 - 17:00	Mini Active	3-4 Years	Studio 2	
Tuesday	17:00 - 17:45	FIT Aqua	11+ years	Pool	
Tuesday	17:00 - 17:45	Mini Dance	3-4 Years	Studio 2	
Tuesday	17:30 - 19:00	Family Gym (14+yrs)	14 Years +	Gym	
Tuesday	17:45 - 18:45	Supervised Gym	12-13 Years	Gym - Part A	
Tuesday	17:50 - 18:50	Get Active	5-7 Years	Studio 2 - Part A	
Tuesday	17:50 - 18:50	Get Active	8-11 Years	Studio 2 - Part B	
Wednesday	09:15 - 10:00	Mini Active	3-4 Years	Studio 2	
Wednesday	10:00 - 10:30	Family Welcome	All Levels	Lounge	
Wednesday	10:00 - 10:45	Lets Create	3-4 Years	Studio 2	
Wednesday	11:30 - 12:15	Tots Ballet	All Levels		£
Wednesday	16:00 - 17:30	Family Gym (14+yrs)	14 Years +	Gym	
Wednesday	17:00 - 17:30	FIT Circuits	11+ years	Gym 2	
Wednesday	17:00 - 17:45	Performing Arts	All Levels		£
Wednesday	17:00 - 17:45	Start Up (14+yrs)	14 Years +	Gym - Part B	
Wednesday	17:30 - 19:00	Family Gym (14+yrs)	14 Years +	Gym - Part A	
Wednesday	17:45 - 18:30	DL Kids Ballroom & Latin Dance	All Levels		£
Wednesday	17:45 - 18:45	Supervised Gym	12-13 Years	Gym - Part C	
Thursday	09:30 - 10:15	Mini Active	3-4 Years	Studio 2	
Thursday	10:15 - 11:00	Imagine...(3-4yrs)	3-4 Years	Studio 2	
Thursday	12:00 - 12:30	Club Room Play	All Levels	Creche	
Thursday	16:00 - 17:30	Family Gym (14+yrs)	14 Years +	Gym	
Thursday	17:00 - 18:00	DL Kids Tae Kwon Do	All Levels	Studio 2	£
Thursday	17:30 - 19:00	Family Gym (14+yrs)	14 Years +	Gym	
Thursday	17:45 - 18:45	Supervised Gym	12-13 Years	Gym - Part A	
Friday	16:30 - 18:30	DL Kids Club Night	All Levels	Creche	
Friday	17:00 - 17:45	DL Kids Street Dance	All Levels	Studio 2	
Friday	17:00 - 18:00	DL Kids Football	5-7 Years		
Friday	17:00 - 18:00	DL Kids Football	8-11 Years		
Friday	17:45 - 18:30	DL Kids Street Dance	8-11 Years	Studio 2	
Friday	18:15 - 19:15	Supervised Gym	12-13 Years	Gym Desk	
Saturday	09:30 - 10:15	Start Up (14+yrs)	14 Years +	Gym	
Saturday	10:00 - 10:45	Imagine...(3-4yrs)	3-4 Years	Creche	
Saturday	10:00 - 11:00	Get Active	5-7 Years	Studio 2 - Part A	
Saturday	10:00 - 11:00	Get Active	8-11 Years	Studio 2 - Part B	
Saturday	10:15 - 11:15	Supervised Gym	12-13 Years	Gym - Part B	
Saturday	10:15 - 11:45	Family Gym (14+yrs)	14 Years +	Gym - Part A	
Saturday	10:45 - 11:30	Lets Create	3-4 Years	Creche	
Saturday	11:00 - 12:00	Multi Sports	5-7 Years	Studio 2 - Part A	

KEY

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

