DAVID LLOYD LEISURE - Stevenage - 0143 884 7000

DL KIDS PROGRAMME JANUARY - MARCH 2012

DL Kids

DAY	TIME	ACTIVITY	AGE / LEVEL	LOCATION	KEY
Monday	10:00 - 12:00	Parent & Baby Coffee Morning	All Levels	Restaurant	
Monday	16:30 - 17:30	Get Active	5-7 Years	Studio	
Tuesday	16:00 - 16:30	Family Welcome	All Levels	Restaurant	
Tuesday	16:30 - 17:15	Start Up (14+yrs)	14 Years +	Gym	
Tuesday	17:15 - 18:00	Start Up Circuits	All Levels	Studio	
Wednesday	16:30 - 17:00	DL Kids Yoga	All Levels	Studio	
Wednesday	16:30 - 17:00	Supervised Gym	All Levels	Gym	
Wednesday	17:00 - 17:55	DL Kids Street Dance	8-11 Years	Studio	
Thursday	16:00 - 17:00	DL Kids Street Dance	All Levels	Studio	
Thursday	17:00 - 18:00	DL Kids Street Dance	All Levels	Studio	
Thursday	17:15 - 18:00	Supervised Gym	All Levels	Gym	
Friday	16:00 - 17:00	Get Active	5-7 Years	Studio	
Friday	17:00 - 18:00	Supervised Gym	All Levels	Gym	
Saturday	10:30 - 11:30	DL Kids Street Dance	All Levels	Studio - Part B	
Saturday	10:30 - 11:30	Supervised Gym	All Levels	Gym	
Saturday	11:30 - 12:30	DL Kids Street Dance	All Levels	Spin Area - Part C	
Saturday	13:30 - 14:30	Start Up (14+yrs)	14 Years +	Gym	
Saturday	15:00 - 16:00	Supervised Gym	All Levels	Gym	
Sunday	10:30 - 11:30	Supervised Gym	All Levels	Gym	

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

LIFE. Be fit for it
DAVIDLLOYD.CO.UK