



Life Leisure Kids Class Timetable

Dec 2021 | Jan 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Family Gym (8 - 12 years) 16.00 - 16.45 - Gym Centre: Stockport Sports Village	Family Gym (8 - 12 years) 15.15 - 17.00 - Gym Centre: Houldsworth Village	Family Gym (8 - 12 years) 16.00 - 16.45 - Gym Centre: Stockport Sports Village	Family Gym (8 - 12 years) 16.00 - 16.45 - Gym Centre: Stockport Sports Village	Family Gym (8 - 12 years) 15.15 - 16.45 - Gym Centre: Houldsworth Village	Family Bootcamp (8 - 12 years) 10.30 - 11.00 - Studio or Pitch Centre: Stockport Sports Village	Family Gym (8 - 12 years) 13.00 - 14.00 - Gym Centre: Cheadle
Scooter Mania (5 - 12 years) 16.15 - 17.00 - Sports Hall Centre: Avondale	Family Gym (8 - 12 years) 16.00 - 16.45 - Gym Centre: Stockport Sports Village	Kids Gym (8 - 12 years) 16.15 - 17.00 - Brinnington Park Centre: Houldsworth Village	Kids Gym (8 - 12 years) 16.45 - 17.30 - Gym Centre: Avondale	Family Gym (8 - 12 years) 16.00 - 16.45 - Gym Centre: Stockport Sports Village	Family Circuits (8 - 12 years) 11.30 - 12.15 - Studio 1 Centre: Avondale	Family Gym (8 - 12 years) 14.00 - 16.00 - Gym Centre: Stockport Sports Village
Kids Badminton (5 - 12 years) 16.15 - 16.45 - MUA Centre: Houldsworth Village	Junior Football Skills (5 - 12 years) 16.30 - 17.00 - Pitch 1 Centre: Houldsworth Village	Kids Gym (8 - 12 years) 16.15 - 17.00 - Gym Centre: Houldsworth Village	Kids Boxing (8 - 12 years) 17.00 - 17.30 - Studio 1 Centre: Cheadle	Family Badminton (5 - 12 years) 16.00 - 17.00 - Sports Hall Centre: Brinnington Park	Family Gym (8 - 12 years) 12.00 - 13.00 - Gym Centre: Cheadle	Family Gym (8 - 12 years) 13.30 - 15.00 - Gym Centre: Houldsworth Village
Kids Gym (8 - 12 years) 16.30 - 17.15 - Gym Centre: Houldsworth Village	Junior Circuits (8 - 12 years) 16.45 - 17.30 - Gym or Studio Centre: Stockport Sports Village	Junior Circuits (8 - 12 years) 16.45 - 17.30 - Gym or Studio Centre: Stockport Sports Village	Kids Football (5 - 12 years) 17.00 - 17.45 - Sports Hall Centre: Brinnington Park	Family Table Tennis (5 - 12 years) 16.00 - 17.00 - Sports Hall Centre: Brinnington Park	Kids Boxing (8 - 12 years) 12.00 - 12.30 - Studio 1 Centre: Cheadle	Kids Gym (8 - 12 years) 15.45 - 16.30 - Gym Centre: Avondale
Kids Gym (8 - 12 years) 16.45 - 17.30 - Gym Centre: Avondale	Kids Netball & Basketball (5 - 12 years) 17.15 - 18.00 - Sports Hall Centre: Brinnington Park	Kids Gym (8 - 12 years) 16.45 - 17.30 - Gym Centre: Avondale	Kids Boxing (5 - 8 years) 17.45 - 18.30 - Boxing Gym Centre: Brinnington Park	Family Badminton (5 - 12 years) 16.30 - 17.00 - MUA Centre: Houldsworth Village	Junior Boxing (8 - 12 years) 12.30 - 13.15 - Studio 1 Centre: Avondale	Family Gym (8 - 12 years) 15.45 - 16.30 - Gym Centre: Avondale
Dodgeball (5 - 12 years) 17.00 - 17.45 - Gym Centre: Brinnington Park	Kids Boxing (5 - 8 years) 18.00 - 18.45 - Boxing Gym Centre: Brinnington Park	Family Circuits (8 - 12 years) 17.00 - 17.30 - Gym Centre: Cheadle		Family Spin (8 - 12 years) 16.45 - 17.15 - Studio 2 Centre: Cheadle	Family Gym (8 - 12 years) 14.00 - 16.00 - Gym Centre: Stockport Sports Village	
Junior Boxing (9 - 12 years) 18.30 - 19.30 - Boxing Gym Centre: Brinnington Park		Martial Arts (5 - 8 years) 17.00 - 17.45 - Studio Centre: Stockport Sports Village		Roller Disco (5 - 12 years) 18.30 - 20.00 - Gym Centre: Avondale	Family Gym (8 - 12 years) 13.30 - 15.00 - Gym Centre: Houldsworth Village	
		Wallball (8 - 12 years) 17.00 - 17.45 - Sports Hall Centre: Brinnington Park		Family Gym (8 - 12 years) 19.00 - 20.00 - Gym Centre: Hazel Grove	Family Gym (8 - 12 years) 15.00 - 16.00 - Gym Centre: Hazel Grove	
		Family Badminton (5 - 12 years) 17.00 - 17.45 - MUA Centre: Houldsworth Village				
		Junior Boxing (9 - 12 years) 17.45 - 18.45 - Boxing Gym Centre: Brinnington Park				
		Martial Arts (9 - 12 years) 18.00 - 18.45 - Studio Centre: Stockport Sports Village				

Kids memberships include FREE swimming!*

*During public swimming times

Class Types Key

- Included in Life Leisure Kids and/or Family Membership packages
- Unsupervised session

Centre Key

- Avondale
- Brinnington Park
- Cheadle
- Houldsworth Village
- Stockport Sports Village
- Hazel Grove