



Life Leisure Kids Class Timetable

January | February 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Les Mills Born To Move 16.15 - 17.00 - Studio Centre: Avondale	Family Gym (8 - 12 years) 15.15 - 18.00 - Gym Centre: Houldsworth Village	Kids Gym (8 - 12 years) 16.15 - 17.00 - Gym Centre: Houldsworth Village	Family Gym (8 - 12 years) 16.00 - 17.00 - Gym Centre: Brinnington Park	Family Gym (8 - 12 years) 15.15 - 18.00 - Gym Centre: Houldsworth Village	Family Bootcamp (5 - 12 years) 10.30 - 11.15 - Studio 1 Centre: Stockport Sports Village	Family Squash (5 - 12 years) 9.00 - 11.00 - Squash Courts* Centre: Priestnall <i>*Bookable in 40 minute slots</i>
Ball Games (5 - 12 years) 16.15 - 17.00 - MUA Centre: Houldsworth Village	Junior Football Skills (5 - 12 years) 16.30 - 17.15 - Pitch 1 Centre: Houldsworth Village	Football Skills (5 - 8 years) 16.15 - 17.00 - Pitch Centre: Stockport Sports Village	Family Gym (8 - 12 years) 16.30 - 17.30 - Gym Centre: Stockport Sports Village	Family Badminton (5 - 12 years) 16.00 - 17.00 - Sports Hall Centre: Brinnington Park	Family Badminton (5 - 12 years) 10.00 - 11.00 - MUA Centre: Houldsworth Village	Family Badminton (5 - 12 years) 11.00 - 12.00 - MUA Centre: Houldsworth Village
Kids Gym (8 - 12 years) 16.30 - 17.15 - Gym Centre: Houldsworth Village	Kids Circuits (5 - 12 years) 16.30 - 17.15 - Studio Centre: Stockport Sports Village	Family Gym (8 - 12 years) 16.30 - 17.15 - Fitness Suite Centre: Stockport Sports Village	Family Gym (8 - 12 years) 16.30 - 17.15 - Fitness Suite Centre: Stockport Sports Village	Family Table Tennis (5 - 12 years) 16.00 - 17.00 - Sports Hall Centre: Brinnington Park	Rounders (5 - 12 years) 11.00 - 11.45 - Pitch Centre: Houldsworth Village	Family Gym (8 - 12 years) 13.00 - 14.00 - Gym Centre: Cheadle
Family Gym (8 - 12 years) 16.30 - 17.15 - Fitness Suite Centre: Stockport Sports Village	Family Table Tennis (5 - 12 years) 16.30 - 17.15 - Studio 2 Centre: Stockport Sports Village	Kids Gym (8 - 12 years) 16.45 - 17.30 - Gym Centre: Avondale	Kid's Boxing Class (7 - 12 years) 16.30 - 17.15 - Studio Centre: Stockport Sports Village	Family Badminton (5 - 12 years) 16.00 - 17.00 - MUA Centre: Houldsworth Village	Family Circuits (8 - 12 years) 11.30 - 12.15 - Studio 1 Centre: Avondale	Family Gym (8 - 12 years) 13.30 - 15.00 - Gym Centre: Houldsworth Village
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	Family Circuits (8 - 12 years) 17.00 - 17.30 - Gym Centre: Cheadle	Kids Gym (8 - 12 years) 16.45 - 17.30 - Gym Centre: Avondale	Family Gym (8 - 12 years) 16.30 - 17.15 - Fitness Suite Centre: Stockport Sports Village	Family Badminton (5 - 12 years) 12.00 - 14.00 - Sports Hall Centre: Priestnall <i>*Bookable in 1 hour slots</i>	Family Gym (8 - 12 years) 14.00 - 16.00 - Gym Centre: Stockport Sports Village
Disco Dodgeball (5 - 12 years) 16.45 - 17.30 - Gym Centre: Brinnington Park		Martial Arts (5 - 8 years) 17.00 - 17.45 - Studio Centre: Stockport Sports Village	Kids Boxing (8 - 12 years) 17.00 - 17.30 - Studio 1 Centre: Cheadle	Family Table Tennis (5 - 12 years) 16.30 - 17.15 - Table Tennis Studio Centre: Stockport Sports Village	Family Squash (5 - 12 years) 12.20 - 13.40 - Sports Hall Centre: Priestnall <i>*Bookable in 40 minute slots</i>	Family Badminton (5 - 12 years) 14.00 - 16.00 - Sports Hall Centre: Priestnall <i>*Bookable in 1 hour slots</i>
Kid's Boxing (5 - 8 years) 17.45 - 18.30 - Boxing Gym Centre: Brinnington Park		Family Sports (8 - 12 years) 17.00 - 17.45 - Sports Hall Centre: Brinnington Park	Kids Gym (8 - 12 years) 17.00 - 17.45 - Gym Centre: Brinnington Park	Family Spin (8 - 12 years) 16.45 - 17.15 - Studio 2 Centre: Cheadle	Family Gym (8 - 12 years) 12.00 - 13.00 - Gym Centre: Cheadle	Kids Gym (8 - 12 years) 15.45 - 16.30 - Gym Centre: Avondale
Junior Boxing (9 - 12 years) 18.30 - 19.30 - Boxing Gym Centre: Brinnington Park		Family Badminton (5 - 12 years) 17.00 - 18.00 - MUA Centre: Houldsworth Village		Family Squash (5 - 12 years) 17.00 - 17.40 - Sports Hall Centre: Priestnall	Junior Boxing (8 - 12 years) 12.00 - 12.30 - Studio 1 Centre: Cheadle	Family Gym (8 - 12 years) 15.45 - 16.30 - Gym Centre: Avondale
		Football Skills (9 - 12 years) 17.05 - 17.50 - Pitch Centre: Stockport Sports Village		Family Badminton (5 - 12 years) 17.00 - 18.00 - Sports Hall Centre: Priestnall	Junior Boxing (8 - 12 years) 12.30 - 13.15 - Studio 1 Centre: Avondale	
		Kids Boxing (5 - 8 years) 17.45 - 18.30 - Boxing Gym Centre: Brinnington Park		Family Gym (8 - 12 years) 17.30 - 18.30 - Gym Centre: Hazel Grove	Family Gym (8 - 12 years) 14.00 - 16.00 - Gym Centre: Stockport Sports Village	
		Martial Arts (9 - 12 years) 18.00 - 18.45 - Studio Centre: Stockport Sports Village		Disco Dodgeball (5 - 12 years) 17.45 - 18.30 - Studio Centre: Houldsworth Village	Family Gym (8 - 12 years) 13.30 - 15.00 - Gym Centre: Houldsworth Village	
		Junior Boxing (9 - 12 years) 18.30 - 19.30 - Boxing Gym Centre: Brinnington Park		Roller Disco (5 - 12 years) 18.30 - 20.00 - Gym Centre: Avondale	Family Gym (8 - 12 years) 15.00 - 16.00 - Gym Centre: Hazel Grove	

Class Types Key

- Bookable as activity, not class
- Unsupervised session

Centre Key

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



*During public swimming times