



# Life Leisure Kids Class Timetable

# March | April 2023

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

## Centre Key

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

## Class Types Key

- Bookable as activity, not class
- Unsupervised session
- Booking not necessary



**\*\*Or £5 a month when added on to an adult membership**



**\*During public swimming times**