

LIFE LEISURE KIDS CLASS TIMETABLE

May - June 2023

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

Centre Key

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

Class Key

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

Kids memberships include FREE swimming!*

*During public swimming times



All classes can be booked online or via the Life Leisure App