

LIFE LEISURE KIDS CLASS TIMETABLE

Sep - Oct 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Disco Sports (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 Village	Kids Gym (8 - 12 yrs) 16.15 - 17.00 - Gym Houldsworth Village	Family Gym (8 - 12 yrs) 16.00 - 17.00 - Gym Brinnington Park	Family Gym (8 - 12 yrs) 15.15 - 18.00 - Gym Houldsworth Village	Family Bootcamp (5 - 12 yrs) 10.30 - 11.15 - Studio 1 Stockport Sports Village	Family Squash (5 - 12 years) 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 Village	Family Table Tennis (5 - 12 yrs) 16.15 - 17.00 - Pitch 1 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 Pickleball (5 - 12 yrs) 16.00 - 17.00 - Sports Hall Brinnington Park	Family Badminton (5 - 12 yrs) 10.00 - 11.00 - MUA Houldsworth Village	Family Badminton (5 - 12 yrs) 11.00 - 12.00 - MUA Houldsworth Village
Kids Gym (8 - 12 yrs) 16.30 - 17.15 - Gym Houldsworth Village	Junior Football Skills (5-12 yrs) 16.30 - 17.30 - Studio Houldsworth Village	Family Gym (8 - 12 yrs) 16.30 - 17.15 - Fitness Suite Stockport Sports Village	Kids 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 Park	Family Circuits (8 - 12 yrs) 11.30 - 12.15 - Studio 1 Avondale	Family Gym (8 - 12 years) 13.00 - 14.00 - Gym Cheadle
Family Gym (8 - 12 yrs) 16.30 - 17.15 - Fitness Suite Stockport Sports Village	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 Village	Family Badminton (5 - 12 yrs) 12.00 - 14.00 - Sports Hall Priestnall <small>*Bookable in 1 hour slots</small>	Family Gym (8 - 12 years) 13.30 - 15.00 - Gym Houldsworth Village
Disco Sports (5 - 12 yrs) 16.45 - 17.30 - Gym Brinnington Park	Kids Netball & Basketball (5-12 yrs) 16.45 - 17.30 - Sports Hall Brinnington Park	Martial Arts (5 - 8 yrs) 17.00 - 17.45 - Studio Stockport Sports Village	Kids Gym (8 - 12 yrs) 17.00 - 17.45 - Gym Brinnington Park	Family Gym (8 - 12 yrs) 16.30 - 17.15 - Fitness Suite Stockport Sports Village	Family Squash (5 - 12 yrs) 12.20 - 13.40 - Sports Hall Priestnall <small>*Bookable in 40 minute slots</small>	Family Gym (8 - 12 years) 14.00 - 16.00 - Gym Stockport Sports Village
Kids Boxing (5-8 yrs) 17.45 - 18.30 - Boxing Gym Brinnington Park		Family Sports (8 - 12 yrs) 17.00 - 17.45 - Sports Hall Brinnington Park		Family Table Tennis (5 - 12 yrs) 16.30 - 17.15 - Studio Stockport Sports Village	Family Gym (8 - 12 yrs) 12.00 - 13.00 - Gym Cheadle	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 Village		Family Squash (5 - 12 yrs) 17.00 - 17.40 - Sports Hall Priestnall	Junior Boxing (8 - 12 yrs) 12.00 - 12.30 - Studio 1 Cheadle	Kids Gym (8 - 12 years) 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) 12.30 - 13.15 - Studio 1 Avondale	Family Gym (8 - 12 years) 15.45 - 16.30 - Gym Avondale
		Kids Boxing (5 - 12 yrs) 17.45 - 18.30 - Boxing Gym Brinnington Park		Family Gym (8 - 12 yrs) 17.30 - 18.30 - Gym Hazel Grove	Family Gym (8 - 12 yrs) 14.00 - 16.00 - Gym Stockport Sports Village	
		Martial Arts (9 - 12 yrs) 18.00 - 18.45 - Studio Stockport Sports Village		Disco Dodgeball (5 - 12 years) 17.45 - 18.30 - Studio Houldsworth Village	Family Gym (8 - 12 yrs) 13.30 - 15.00 - Gym Houldsworth Village	
				Roller Disco (5 - 12 years) 18.30 - 20.00 - Gym Avondale	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