

LIFE LEISURE KIDS CLASS TIMETABLE

Nov - Dec 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	Family Football (5 - 12 yrs) 16.00 - 17.00 - Pitch Stockport Sports 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 Gym (8 - 12 yrs) 8.00 - 10.00 - Gym Cheadle	Kids Circuits (5 - 12 yrs) 8.45 - 9.30 - Studio Stockport Sports Village
Ball Games (5 - 12 yrs) 16.15 - 17.00 - MUA Houldsworth Village	Family Table Tennis (5 - 12 yrs) 16.15 - 17.00 - Studio Stockport Sports Village	Family Gym (8 - 12 yrs) 16.00 - 17.15 - Fitness Suite Stockport Sports Village	Kids Boxing (7 - 12 yrs) 16.30 - 17.15 - Studio Stockport Sports Village	Family Badminton (5 - 12 yrs) 16.00 - 17.00 - MUA Houldsworth Village	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	Disco Sports (5 - 8 yrs) 16.15 - 17.00 - Studio Avondale <small>*Movement to mu</small>	Kids Gym (8 - 12 yrs) 16.45 - 17.30 - Gym Avondale	Family Gym (8 - 12 yrs) 16.00 - 17.15 - Fitness Suite Stockport Sports Village	Family Bootcamp (5 - 12 yrs) 10.30 - 11.15 - Studio 1 Stockport Sports Village	Family Gym (8 - 12 yrs) 11.30 - 14.00 - Gym Cheadle
Family Gym (8 - 12 yrs) 16.00 - 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) 16.15 - 17.00 - Gym Houldsworth Village	Kids Gym (8 - 12 yrs) 17.00 - 17.45 - Gym Brinnington Park	Family Football (5 - 12 yrs) 16.00 - 17.00 - Pitch Stockport Sports Village	Family Circuits (8 - 12 yrs) 11.30 - 12.15 - Studio 1 Avondale	Kids Gym (8 - 12 yrs) 13.15 - 14.00 - Gym Brinnington Park
Disco Sports (5 - 12 yrs) 16.45 - 17.30 - Studio Brinnington Park	Kids Netball & Basketball (5 - 12 yrs) 16.45 - 17.30 - Sports Hall Brinnington Park	Kids Gym (8 - 12 yrs) 16.45 - 17.30 - Gym Avondale		Family Table Tennis (5 - 12 yrs) 16.30 - 17.15 - Studio Stockport Sports Village	Family Gym (8 - 12 yrs) 11.30 - 14.00 - Gym Cheadle	Family Gym (8 - 12 yrs) 13.30 - 15.00 - Gym Houldsworth Village
Kids Boxing (5 - 12 yrs) 17.45 - 18.30 - Boxing Gym Brinnington Park		Martial Arts (5 - 8 yrs) 17.00 - 17.45 - Studio Stockport Sports Village		Family Gym (8 - 12 yrs) 17.30 - 18.30 - Gym Hazel Grove	Junior Boxing (8 - 12 yrs) 12.30 - 13.15 - Studio 1 Avondale	Family Gym (8 - 12 yrs) 14.00 - 16.00 - Gym Stockport Sports Village
		Family Sports (8 - 12 yrs) 17.00 - 17.45 - Sports Hall Brinnington Park		Disco Dodgeball (5 - 12 yrs) 17.45 - 18.30 - Studio Houldsworth Village	Family Gym (8 - 12 yrs) 13.30 - 15.00 - Gym Houldsworth Village	Family Gym (8 - 12 yrs) 15.00 - 16.00 - Gym Hazel Grove
		Family Badminton (5 - 12 yrs) 17.00 - 18.00 - MUA Houldsworth Village		Roller Disco (5 - 12 yrs) 18.30 - 20.00 - Gym Avondale	Family Gym (8 - 12 yrs) 14.00 - 16.00 - Gym Stockport Sports Village	Kids Gym (8 - 12 yrs) 15.45 - 16.30 - Gym Avondale
		Kids Boxing (5 - 12 yrs) 17.45 - 18.30 - Boxing Gym Brinnington Park			Family Gym (8 - 12 yrs) 15.00 - 16.00 - Gym Hazel Grove	Family Gym (8 - 12 yrs) 15.45 - 16.30 - Gym Avondale
		Martial Arts (9 - 12 yrs) 18.00 - 18.45 - Studio Stockport Sports Village				

Kids memberships include FREE swimming!*

*During public swimming times

Centre Key

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

Class Key

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



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