

# LIFE LEISURE KIDS CLASS TIMETABLE

Jan - Feb 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Ball Games</b> (5 - 12 yrs) 16.15 - 17.00 - MUA Houldsworth Village	<b>Family Gym</b> (8 - 12 yrs) 15.15 - 18.00 - Gym Houldsworth Village	<b>Family Gym</b> (8 - 12 yrs) 16.00 - 17.15 - Fitness Suite Stockport Sports Village	<b>Family Gym</b> (8 - 12 yrs) 16.00 - 17.00 - Gym Brinnington Park	<b>Family Gym</b> (8 - 12 yrs) 15.15 - 18.00 - Gym Houldsworth Village	<b>Family Gym</b> (8 - 12 yrs) 8.00 - 10.00 - Gym Cheadle	<b>Kids Circuits</b> (5 - 12 yrs) 8.45 - 9.30 - Studio Stockport Sports Village
<b>Kids Gym</b> (8 - 12 yrs) 16.30 - 17.15 - Gym Houldsworth Village	<b>Family Table Tennis</b> (5 - 12 yrs) 16.15 - 17.00 - Studio Stockport Sports Village	<b>Football Skills</b> (5 - 8 yrs) 16.15 - 17.00 - Astro Pitch 4 Stockport Sports Village	<b>Kids Boxing</b> (7 - 12 yrs) 16.30 - 17.15 - Studio Stockport Sports Village	<b>Family Badminton</b> (5 - 12 yrs) 16.00 - 17.00 - MUA Houldsworth Village	<b>Family Badminton</b> (5 - 12 yrs) 10.00 - 11.00 - MUA Houldsworth Village	<b>Family Badminton</b> (5 - 12 yrs) 11.00 - 12.00 - MUA Houldsworth Village
<b>Family Gym</b> (8 - 12 yrs) 16.00 - 17.15 - Fitness Suite Stockport Sports Village	<b>Football Skills</b> (5 - 12 yrs) 16.30 - 17.30 - Studio Houldsworth Village	<b>Disco Sports</b> (5 - 8 yrs) 16.15 - 17.00 - Studio Avondale <small>*Movement to music</small>	<b>Kids Gym</b> (8 - 12 yrs) 16.45 - 17.30 - Gym Avondale	<b>Family Gym</b> (8 - 12 yrs) 16.00 - 17.15 - Fitness Suite Stockport Sports Village	<b>Family Bootcamp</b> (5 - 12 yrs) 10.30 - 11.15 - Studio 1 Stockport Sports Village	<b>Family Gym</b> (8 - 12 yrs) 11.30 - 14.00 - Gym Cheadle
<b>Football Skills</b> (5 - 8 yrs) 16.15 - 17.00 - Sports Hall Brinnington Park	<b>Kids Circuits</b> (5 - 12 yrs) 16.30 - 17.30 - Studio Stockport Sports Village	<b>Kids Gym</b> (8 - 12 yrs) 16.15 - 17.00 - Gym Houldsworth Village	<b>Kids Gym</b> (8 - 12 yrs) 17.00 - 17.45 - Gym Brinnington Park	<b>Family Football</b> (5 - 12 yrs) 16.00 - 17.00 - Pitch Stockport Sports Village	<b>Family Circuits</b> (8 - 12 yrs) 11.30 - 12.15 - Studio 1 Avondale	<b>Kids Gym</b> (8 - 12 yrs) 13.15 - 14.00 - Gym Brinnington Park
<b>Football Skills</b> (9 - 12 yrs) 17.00 - 17.45 - Sports Hall Brinnington Park	<b>Kids Netball &amp; Basketball</b> (5 - 12 yrs) 16.45 - 17.30 - Sports Hall Brinnington Park	<b>Kids Gym</b> (8 - 12 yrs) 16.45 - 17.30 - Gym Avondale		<b>Family Table Tennis</b> (5 - 12 yrs) 16.30 - 17.15 - Studio Stockport Sports Village	<b>Family Gym</b> (8 - 12 yrs) 11.30 - 14.00 - Gym Cheadle	<b>Family Gym</b> (8 - 12 yrs) 13.30 - 15.00 - Gym Houldsworth Village
<b>Kids Boxing</b> (5 - 12 yrs) 17.45 - 18.30 - Boxing Gym Brinnington Park		<b>Martial Arts</b> (5 - 8 yrs) 17.00 - 17.45 - Studio Stockport Sports Village		<b>Family Gym</b> (8 - 12 yrs) 17.30 - 18.30 - Gym Hazel Grove	<b>Junior Boxing</b> (8 - 12 yrs) 12.30 - 13.15 - Studio 1 Avondale	<b>Family Gym</b> (8 - 12 yrs) 14.00 - 16.00 - Gym Stockport Sports Village
		<b>Family Sports</b> (8 - 12 yrs) 17.00 - 17.45 - Sports Hall Brinnington Park		<b>Disco Dodgeball</b> (5 - 12 yrs) 17.45 - 18.30 - Studio Houldsworth Village	<b>Family Gym</b> (8 - 12 yrs) 13.30 - 15.00 - Gym Houldsworth Village	<b>Family Gym</b> (8 - 12 yrs) 15.00 - 16.00 - Gym Hazel Grove
		<b>Family Badminton</b> (5 - 12 yrs) 17.00 - 18.00 - MUA Houldsworth Village		<b>Roller Disco</b> (5 - 12 yrs) 18.30 - 20.00 - Gym Avondale	<b>Family Gym</b> (8 - 12 yrs) 14.00 - 16.00 - Gym Stockport Sports Village	<b>Kids Gym</b> (8 - 12 yrs) 15.45 - 16.30 - Gym Avondale
		<b>Football Skills</b> (9 - 12 yrs) 17.00 - 17.45 - Astro Pitch 4 Stockport Sports Village			<b>Family Gym</b> (8 - 12 yrs) 15.00 - 16.00 - Gym Hazel Grove	<b>Family Gym</b> (8 - 12 yrs) 15.45 - 16.30 - Gym Avondale
		<b>Kids Boxing</b> (5 - 12 yrs) 17.45 - 18.30 - Boxing Gym Brinnington Park				
		<b>Martial Arts</b> (9 - 12 yrs) 18.00 - 18.45 - Studio Stockport Sports Village				

## 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

**Kids memberships include FREE swimming!\***

\*During public swimming times



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