

Life Leisure Kids Timetable

Sept - October 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Family Gym (8 - 12 yrs) 16.00 - 17.30 - Fitness Suite Stockport Sports Village	Family Gym (8 - 12 yrs) 15.15 - 18.00 - Gym Houldsworth Village	Family Gym (8 - 12 yrs) 16.00 - 17.30 - Fitness Suite Stockport Sports Village	Kids Gym (8 - 12 yrs) 16.15 - 17.00 - Gym Brinnington Park	Family Gym (8 - 12 yrs) 15.15 - 18.00 - Gym Houldsworth Village	Family Bowling (5 - 12 yrs) 10.00 - 12.00 - Bowling Green Stockport Sports Village	Family Gym (8 - 12 yrs) 11.30 - 14.30 - Gym Cheadle
Family Gym (8 - 12 yrs) 16.00 - 17.15 - Gym Avondale	Family Badminton (8 - 12 yrs) 16.00 - 16.45 - Sports Hall Brinnington Park	Family Gym (8 - 12 yrs) 16.00 - 17.00 - Gym Cheadle	Kids Gym (8 - 12 yrs) 16.00 - 16.45 - Gym Avondale	Family Badminton (5 - 12 yrs) 16.00 - 17.00 - MUA Houldsworth Village	Family Bootcamp (5 - 12 yrs) 10.30 - 11.15 - Studio 1 Stockport Sports Village	Family Gym (8 - 12 yrs) 13.00 - 13.45 - Gym Brinnington Park
Disco Dodgeball (5 - 12 yrs) 16.15 - 17.00 - Studio Houldsworth Village	Family Table Tennis (5 - 12 yrs) 16.15 - 17.00 - Studio Stockport Sports Village	Football Skills (5 - 8 yrs) 16.00 - 17.00 - Astro pitch 4 Stockport Sports Village	Mental Health Soulful Session (5 - 12 yrs) 16.15 - 17.15 - Studio Stockport Sports Village	Family Gym (8 - 12 yrs) 16.00 - 17.30 - Fitness Suite Stockport Sports Village	Family Gym (8 - 12 yrs) 11.30 - 12.30 - Gym Avondale	Family Gym (8 - 12 yrs) 13.30 - 15.00 - Gym Houldsworth Village
Kids Gym (8 - 12 yrs) 16.30 - 17.15 - Gym Houldsworth Village	Family Gym (8 - 12 yrs) 16.15 - 17.00 - Gym Avondale	Kids Gym (8 - 12 yrs) 16.15 - 17.00 - Gym Houldsworth Village	Chill Club (5 - 12 yrs) 16.15 - 17.15 - Community Room Brinnington Park	Family Table Tennis (5 - 12 yrs) 16.00 - 17.00 - Studio Stockport Sports Village	Family Gym (8 - 12 yrs) 11.30 - 14.00 - Gym Cheadle	Family Gym (8 - 12 yrs) 14.00 - 16.00 - Gym Stockport Sports Village
Little Boxers (5 - 8 yrs) 16.45 - 17.30 - Studio Brinnington Park	Circuits (5 - 12 yrs) 16.30 - 17.00 - Studio Stockport Sports Village	Kids Gym (8 - 12 yrs) 16.45 - 17.30 - Gym Avondale	Junior Bowling (8 - 12 yrs) 16.30 - 17.30 - Bowling Green Stockport Sports Village	Family Gym (8 - 12 yrs) 16.00 - 17.00 - Gym Cheadle	Hip Hop Class (5 - 12 yrs) 11.45 - 12.30 - Studio Brinnington Park	Family Gym (8 - 12 yrs) 14.15 - 15.00 - Gym Brinnington Park
Junior Boxing (9 - 12 yrs) 17.45 - 18.30 - Boxing Area Brinnington Park	Football Skills (5 - 8 yrs) 16.30 - 17.30 - Astro pitch 4 Stockport Sports Village	Little Boxers (5 - 8 yrs) 16.45 - 17.30 - Studio Brinnington Park	Family Gym (8 - 12 yrs) 17.15 - 18.00 - Gym Brinnington Park	Family Pickleball (5 - 12 yrs) 16.15 - 17.00 - Sports Hall Brinnington Park	Zumba (5 - 12 yrs) 12.15 - 12.45 Cheadle	Family Gym (8 - 12 yrs) 15.00 - 16.00 - Gym Hazel Grove
Family Gym (8 - 12 yrs) 19.00 - 20.00 - Gym Cheadle	Basketball (5 - 12 yrs) 16.45 - 17.30 - Sports Hall Brinnington Park	Family Badminton (8 - 12 yrs) 16.00 - 16.45 - Sports Hall Brinnington Park	Family Gym (8 - 12 yrs) 18.00 - 20.00 - Gym Cheadle	Kids Circuits (5 - 12 yrs) 16.15 - 17.00 - Studio Houldsworth Village	Family Gym (8 - 12 yrs) 12.30 - 13.15 - Gym Brinnington Park	Kids Gym (8 - 12 yrs) 15.45 - 16.30 - Gym Avondale
	Family Gym (8 - 12 yrs) 17.00 - 18.00 - Gym Cheadle	Family Badminton (5 - 12 yrs) 17.00 - 18.00 - MUA Houldsworth Village		Family Sports (5 - 12 yrs) 17.00 - 18.00 - Sports Hall Avondale	Family Gym (8 - 12 yrs) 13.30 - 15.00 - Gym Houldsworth Village	
	Family Gym (8 - 12 yrs) 17.00 - 17.45 - Gym Brinnington Park	Dance (5 - 9 yrs) 17.00 - 17.45 - Studio Stockport Sports Village			Family Gym (8 - 12 yrs) 14.00 - 16.00 - Gym Stockport Sports Village	
		Martial Arts (7 - 12 yrs) 17.15 - 18.00 - Rumble Studio Stockport Sports Village			Family Gym (8 - 12 yrs) 15.00 - 16.00 - Gym Hazel Grove	
		Junior Boxing (9 - 12 yrs) 17.45 - 18.30 - Boxing Area Brinnington Park				

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
- Term time only



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