

Life Leisure Kids Timetable

Jan - March 2026

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 Strength (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 Circuits (8 - 12 yrs) 16.15 - 17.00 - 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) 13.30 - 15.00 - Gym Houldsworth Village
Family Pickleball (5 - 12 yrs) 16.15 - 17.00 - Sports Hall Brinnington Park	Family Table Tennis (5 - 12 yrs) 16.15 - 17.00 - Studio Stockport Sports Village	Kids Gym (8 - 12 yrs) 16.15 - 17.00 - Gym Houldsworth 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 - 12.15 - Gym Avondale	Family Gym (8 - 12 yrs) 14.00 - 16.00 - Gym Stockport Sports 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 Avondale	Craft 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 Strength (8 - 12 yrs) 14.15 - 15.00 - Gym Brinnington Park
Little Boxers (5 - 8 yrs) 16.45 - 17.30 - Studio Brinnington Park	Circuits (5 - 12 yrs) 16.30 - 17.00 - Studio Stockport Sports Village	Boxing for beginners (9-12 yrs) 16.45 - 17.30 - Studio Brinnington Park	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	Zumba (5 - 12 yrs) 12.30 - 13.15 Cheadle	Family Gym (8 - 12 yrs) 15.00 - 16.00 - Gym Hazel Grove
Family Gym (8 - 12 yrs) 19.00 - 20.00 - Gym Cheadle	Dance (5 - 12 yrs) 16.45 - 17.30 - Studio Brinnington Park	Family Badminton (8 - 12 yrs) 16.00 - 16.45 - Sports Hall Brinnington Park	Family Gym (8 - 12 yrs) 17.15 - 18.00 - Gym Brinnington Park	Ball Sports (5 - 12 yrs) 16.15 - 17.00 - Sports Hall Brinnington Park	Family Gym (8 - 12 yrs) 12.30 - 13.15 - Gym Brinnington Park	Family Gym (8 - 12 yrs) 15.45 - 16.30 - Gym Avondale
Family Padel (5 - 12 yrs) 17.00 - 18.00 - Padel court Houldsworth Village	Family Gym (8 - 12 yrs) 17.00 - 18.00 - Gym Cheadle	Family Badminton (5 - 12 yrs) 17.00 - 18.00 - MUA Houldsworth Village	Family Gym (8 - 12 yrs) 18.00 - 20.00 - Gym Cheadle	Family Sports (5 - 12 yrs) 18.00 - 19.00 - Sports Hall Avondale	Family Gym (8 - 12 yrs) 13.30 - 15.00 - Gym Houldsworth Village	
			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 R1G (8 - 12 yrs) 14.00 - 15.00 - Gym Hazel Grove	

**Kids
memberships
include FREE
swimming!***

*During public swimming times

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

Centre Key

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

Class Key

- **Bookable as activity, not class**
- **Term time only**

