



## JUNIOR FITNESS TIMETABLE

### MONDAY

Time	Class	Venue	Studio	Instructor
15.45 - 16.45	Junior Gym (11-15 yrs)	Hampton Leisure Centre	GF	Gym team

### TUESDAY

Time	Class	Venue	Studio	Instructor
17.20-18.00	Dancing Tots (5-9 yrs)	Vivacity Premier Fitness	S1	Kyla

### WEDNESDAY

Time	Class	Venue	Studio	Instructor
15.45 - 16.45	Junior Gym (11-15 yrs)	Hampton Leisure Centre	GF	Gym team
16.00 - 16.45	Junior Circuits (11-15 yrs)	Vivacity Premier Fitness	S1	Ollie
16.45 - 17.40	Kids Karate (5-16 yrs)	Regional Fitness & Swimming Centre	S2	Clifton

### THURSDAY

Time	Class	Venue	Studio	Instructor
15.45 - 16.45	Junior Gym (11-15 yrs)	Hampton Leisure Centre	GF	Gym team
17.00 - 18.00	Kids Karate (5-9 yrs)	Vivacity Premier Fitness	S2	Lianne
18.00 - 19.00	Kids Karate (10-15 yrs)	Vivacity Premier Fitness	S2	Lianne

### SATURDAY

Time	Class	Venue	Studio	Instructor
09.00 - 10.00	Junior Gym (11-15 yrs)	Hampton Leisure Centre	GF	Gym team
10.00 - 11.00	Junior Gym (11-15 yrs)	Vivacity Premier Fitness	GF	Gym team
10.30 - 11.45	Kids Karate (All ages)	Vivacity Premier Fitness	S2	Lianne
11.15 - 12.15	Junior Gym (11-15 yrs)	Vivacity Premier Fitness	GF	Gym team

If you book a fitness class and are unable to attend, please make sure you cancel the booking so that the space can be made available to somebody else. Failure to cancel a class booking may result in a 7 day booking ban.