



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 |
|---------------|----------------------|--------------------------|--------|------------|
| 16.45 - 17.25 | Kids Zumba (5-9 yrs) | Vivacity Premier Fitness | S1 | Jenni |

WEDNESDAY

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