

## 2hr Groups Born 2015's & Minis

	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Programme Zoom	12.30- 1.00pm				9.00- 9.30am
Sessions!	6.00- 6.30pm				
Workshops & Games!	Workshop- different theme each week!	GymFit Aged 7 & under 2.00-2.300pm	Boxercise 5.30- 6.00pm	Games 3.00 – 3.30pm	Saturday Stretch Workshop 12.30-1.00pm
	2.15- 2.45pm	Midweek Stretch Workshop 2.30-3.00pm		Fancy dress Funky Friday Ages 3+ 5:45-6:15pm	•



### **WEEKLY TIMETABLE**

# **2hr Groups Born 2012-2014**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Programme	2.30 – 3.15pm				4.15-5.00pm	
Zoom						
Sessions!	5.15-6.00pm					
Workshops	GymFit	Workshop –	GymFit Aged 7	Boxercise	Games	Saturday
& Games!	Aged 8+	different theme	& under	5.30- 6.00pm	3.00 – 3.30pm	Stretch
	3:30-4:00pm	each week	2.00-2.300pm			Workshop
		2.15- 2.45pm				12.30-1.00pm
			Midweek		Fancy dress	
			Stretch		Funky Friday	
			Workshop		Ages 3+	
			2.30-3.00pm		5:45-6:15pm	



### **WEEKLY TIMETABLE**

# 2hr Groups Born 2008 or before - 2011

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Programme		1:00-1.45pm			5.00-5.45pm	
Zoom Sessions!		5.45- 6.30pm				
Workshops	GymFit	Workshop –	Midweek	Boxercise	Games	Saturday
& Games!	Aged 8+ 3:30-4:00pm	different theme each week	Stretch Workshop	5.30- 6.00pm	3.00 – 3.30pm	Stretch Workshop
		2.15- 2.45pm	2.30-3.00pm		Fancy dress Funky Friday	12.30-1.00pm
					Ages 3+ 5:45-6:15pm	