

CHILDREN'S CLASS TIMETABLE - FROM MARCH 2024

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY / SUNDAY		
TIME	CLASS	INSTRUCTOR	TIME	CLASS	INSTRUCTOR	TIME	CLASS	INSTRUCTOR	TIME	CLASS	INSTRUCTOR	TIME	CLASS	INSTRUCTOR	TIME	CLASS	INSTRUCTOR
CRÈCHE			CRÈCHE			CRÈCHE			CRÈCHE			CRÈCHE					
10:00-12:00	Crèche* PB	Amanda	10:00-12:00	Crèche* PB	Amanda	10:00-12:00	Crèche* PB	Amanda	10:00-12:00	Crèche* PB	Amanda	10:00-12:00	Crèche* PB	Amanda			
DANCE STUDIO			DANCE STUDIO			DANCE STUDIO			DANCE STUDIO			DANCE STUDIO			DANCE STUDIO		
						17:00-18:00	Fit Kids 5-9 yrs PB	Kids Team				17:00-18:00	Fit Kids 5-9 yrs	Kids Team			
BADMINTON HALL			BADMINTON HALL			BADMINTON HALL			BADMINTON HALL			BADMINTON HALL			BADMINTON HALL		
17:00-18:00	Badminton Coaching 8-11 yrs ** PB	Carolina	17:00-18:00	Jiu Jitsu 5-7 yrs	Lisa & Shane	17:00-17:45	Family Circuits 9 - 15 yrs	Gym Team							SATURDAY		
18:00-19:00	Badminton Coaching 12-16yrs ** PB	Carolina	18:00-19:00	Jiu Jitsu 8-16 yrs	Lisa & Shane										11:00-12:00	Family Circuits	Gym Team
SMALL GYM			SMALL GYM			SMALL GYM			SMALL GYM			SMALL GYM			SMALL GYM		
17:00-18:00	Fitzzone 10-15 yrs PB	Gym Team	17:00-18:00	Fitzzone 10-15 yrs PB	Gym Team				17:00-18:00	Fitzzone 10-15 yrs PB	Gym Team	17:00-18:00	Fitzzone 10-15 yrs PB	Gym Team			
SWIMMING POOL			SWIMMING POOL			SWIMMING POOL			SWIMMING POOL			SWIMMING POOL			SWIMMING POOL		
			09:30-10:00	Pre-School Swim 3 mths -5 yrs	Lets Swim Shrewsbury	10:00-10:30	Pre-School Swim 3 mths -5 yrs	Lets Swim Shrewsbury	09:30-10:00	Pre-School Swim 3 mths -5 yrs	Lets Swim Shrewsbury				SATURDAY		
			16:00-18:30	Swimming Lessons * ** PB	Lets Swim Shrewsbury	16:00-18:30	Swimming Lessons * ** PB	Lets Swim Shrewsbury	16:00-18:30	Swimming Lessons * ** PB	Lets Swim Shrewsbury				09:00-12:00	Swimming Lessons * ** PB	Lets Swim Shrewsbury
SQUASH COURTS			SQUASH COURTS			SQUASH COURTS			SQUASH COURTS			SQUASH COURTS			SUNDAY		
17:00-18:00	Fit Kids	Kids Team							17:00-18:00	Fit Kids 5-9 yrs PB	Kids Team				11:00-12:00	Aqua Fun	Kids Team
18:00-19:00	Junior Squash Coaching PB	Finn															
FIELD			FIELD			FIELD			<p align="center">HEALTH & FITNESS FOR EVERYONE</p> <p align="center">FitZone - Please ensure your child has had an induction in the fitzone.</p> <p align="center">FitZone Gym - Supervised gym session for 15-10 yrs. You must have a program to attend.</p> <p align="center">Family Circuits - Supervised circuits for 9 to 15 yrs. Parents welcome to join in.</p> <p align="center">FitZone Inductions and Programs cannot be booked in the advertised times.</p> <p align="center">* Additional Cost ** Term Time Only ‡ See notice boards ^{PB} Pre-bookable ∞ Seasonal please ask at desk</p>								
18:00-19:00	Football 8+ yrs	George															
TENNIS COURTS			TENNIS COURTS			TENNIS COURTS											
			16:00-17:00	Tennis 5-7 yrs ** PB	Mike	16:00-17:00	Tennis 5-7 yrs ** PB	Mike									
			17:00-18:00	Tennis 8-11 yrs ** PB	Mike	17:00-18:00	Tennis 8-11 yrs ** PB	Mike									
			18:00-19:00	Tennis 12-17 yrs ** PB	Mike	17:00-18:00	Tennis 12-15 yrs ** PB	Mike									

