



Here for young people  
Here for communities  
Here for you

# Class Timetable

31<sup>st</sup> Oct – 13<sup>th</sup> Nov 22

## Monday

Time	Activities
7:30-8:30	S&C
7:30-9:30	Open Track
10:00-11:00	Fit55+
16:00-16:45	Drama (5-10)
16:45-17:30	Drama (11-17)
16:45-17:30	S&C (11-17)
17:30-18:30	S&C

## Tuesday

Time	Activities
7:30-8:30	S&C
7:30-9:30	Open Track
16:00-16:45	Wildcats
16:00-18:00	Youth Climb
16:45-17:30	Youth Girls Football
17:30-18:30	S&C
18:00-21:00	Open Climb (18+)

## Wednesday

Time	Activities
7:30-8:30	S&C
7:30-9:30	Open Track
12:00-13:00	S&C
16:00-18:00	Open Track
17:30-18:30	S&C
18:00-21:00	Open Climb (18+)
18:30-19:30	STRONG

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## Thursday

Time	Activities
7:30-8:30	S&C
7:30-9:30	Open Track
9:30-10:30	S&C
10:00-11:00	Walking Football
16:00-18:00	Youth Climb
18:00-21:00	Open Climb (18+)

## Friday

Time	Activities
7:30-8:30	S&C
7:30-9:30	Open Track
12:00-13:00	S&C
13:00-14:00	Tai Chi
16:00-18:00	Youth Football & Basketball
16:00-18:00	Youth Climb
18:00-21:00	Open Climb (18+)

## Saturday

Time	Activities
9:00-11:00	Open Track
10:00-12:00	Youth Climb
10:00-13:00	Open Climb (18+)
13:00-16:00	Open Climb (18+)
13:00-15:00	Youth Climb

## Sunday

Time	Activities
9:00-11:00	Open Track

# Our Classes

We recommend customers come along at least 15 minutes before class start time so you can sign in.

**Please note** - our youth sessions are for the age groups specified only. We welcome parents and carers to wait in our fantastic on-site café while the class is in session!

## Class descriptions

**Drama** – *Youth 5-10 & 11-17yrs* – Fun, creative workshops designed to build confidence, imagination and communication.

**Fit55+** - *Seniors 55+* - A strength & conditioning class to support overall health and functional fitness.

**Open Climbing** – *Adults & Seniors* - 3-hour open climbing/bouldering session, for climbers who can complete a competency check

**Open Track** – *Adults* – Access to the Athletics track for training. This session is uncoached.

**Strength & Conditioning** – *Adults* – progressive fitness sessions that help you improve your overall strength and conditioning to be able to maximise your life outside of the gym.

**Youth Strength & Conditioning** – *Youth 5-10 & 11-17yrs* – Specifically designed for children and teenagers to develop a lifelong love of health and fitness

**Strong** – *Adults* - Building strength in unconventional ways using methods of strongman training.

**Tai Chi** – *Adults* – Moving meditation and gentle exercises, designed to reduce stress and create harmony between the mind and body.

**Youth Climbing** – *Youth 8-18yrs* - Instructor led session. An opportunity to try out climbing/bouldering and a taste of our upcoming classes.

**Walking Football** – *Adults* – Relaxed, fun football sessions, played at walking pace. All abilities welcome.

**Wildcats** – *Girls 5-11yrs* – Non-competitive football sessions for girls who want to give the game a go or play with other girls their own age.

**Youth Basketball** – *Youth 11-17yrs* – Access to our MUGAs for basketball. This session is supervised but uncoached.

**Youth Football** – *Youth 11-17yrs* – Access to our 3G pitches for football. This session is supervised but uncoached.