



Life Leisure Kids Class Timetable

January | February 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Les Mills Born To Move 16.15 - 17.00 - Studio Centre: Avondale	Family Gym (8 - 12 years) 15.15 - 18.00 - Gym Centre: Houldsworth Village	Kids Gym (8 - 12 years) 16.15 - 17.00 - Gym Centre: Houldsworth Village	Family Gym (8 - 12 years) 16.00 - 17.00 - Gym Centre: Brinnington Park	Family Gym (8 - 12 years) 15.15 - 18.00 - Gym Centre: Houldsworth Village	Family Bootcamp (5 - 12 years) 10.30 - 11.15 - Studio 1 Centre: Stockport Sports Village	Family Squash (5 - 12 years) 9.00 - 11.00 - Squash Courts* Centre: Priestnall *Bookable in 40 minute slots	
Ball Games (5 - 12 years) 16.15 - 17.00 - MUA Centre: Houldsworth Village	Junior Football Skills (5 - 12 years) 16.30 - 17.15 - Pitch 1 Centre: Houldsworth Village	Football Skills (5 - 8 years) 16.15 - 17.00 - Pitch Centre: Stockport Sports Village	Family Gym (8 - 12 years) 16.30 - 17.30 - Gym Centre: Stockport Sports Village	Family Badminton (5 - 12 years) 16.00 - 17.00 - Sports Hall Centre: Brinnington Park	Family Badminton (5 - 12 years) 10.00 - 11.00 - MUA Centre: Houldsworth Village	Family Badminton (5 - 12 years) 11.00 - 12.00 - MUA Centre: Houldsworth Village	
Kids Gym (8 - 12 years) 16.30 - 17.15 - Gym Centre: Houldsworth Village	Kids Circuits (5 - 12 years) 16.30 - 17.30 - Studio Centre: Stockport Sports Village	Family Gym (8 - 12 years) 16.30 - 17.15 - Fitness Suite Centre: Stockport Sports Village	Family Gym (8 - 12 years) 16.30 - 17.15 - Fitness Suite Centre: Stockport Sports Village	Family Table Tennis (5 - 12 years) 16.00 - 17.00 - Sports Hall Centre: Brinnington Park	Rounders (5 - 12 years) 11.00 - 11.45 - Pitch Centre: Houldsworth Village	Family Gym (8 - 12 years) 13.00 - 14.00 - Gym Centre: Cheadle	
Family Gym (8 - 12 years) 16.30 - 17.15 - Fitness Suite Centre: Stockport Sports Village	Family Table Tennis (5 - 12 years) 16.30 - 17.15 - Studio 2 Centre: Stockport Sports Village	Kids Gym (8 - 12 years) 16.45 - 17.30 - Gym Centre: Avondale	Kid's Boxing Class (7 - 12 years) 16.30 - 17.15 - Studio Centre: Stockport Sports Village	Family Badminton (5 - 12 years) 16.00 - 17.00 - MUA Centre: Houldsworth Village	Family Circuits (8 - 12 years) 11.30 - 12.15 - Studio 1 Centre: Avondale	Family Gym (8 - 12 years) 13.30 - 15.00 - Gym Centre: Houldsworth Village	
Kids Gym (8 - 12 years) 16.45 - 17.30 - Gym Centre: Avondale	Kids Netball & Basketball (5 - 12 years) 17.15 - 18.00 - Sports Hall Centre: Brinnington Park	Family Circuits (8 - 12 years) 17.00 - 17.30 - Gym Centre: Cheadle	Kids Gym (8 - 12 years) 16.45 - 17.30 - Gym Centre: Avondale	Family Gym (8 - 12 years) 16.30 - 17.15 - Fitness Suite Centre: Stockport Sports Village	Family Badminton (5 - 12 years) 12.00 - 14.00 - Sports Hall Centre: Priestnall *Bookable in 1 hour slots	Family Gym (8 - 12 years) 14.00 - 16.00 - Gym Centre: Stockport Sports Village	
Disco Dodgeball (5 - 12 years) 16.45 - 17.30 - Gym Centre: Brinnington Park	Centre Key Avondale Brinnington Park Cheadle Houldsworth Village Stockport Sports Village Hazel Grove Priestnall	Martial Arts (5 - 8 years) 17.00 - 17.45 - Studio Centre: Stockport Sports Village	Kids Boxing (8 - 12 years) 17.00 - 17.30 - Studio 1 Centre: Cheadle	Family Table Tennis (5 - 12 years) 16.30 - 17.15 - Table Tennis Studio Centre: Stockport Sports Village	Family Squash (5 - 12 years) 12.00 - 14.00 - Sports Hall Centre: Priestnall *Bookable in 40 minute slots	Family Badminton (5 - 12 years) 14.00 - 16.00 - Sports Hall Centre: Priestnall *Bookable in 1 hour slots	
Kid's Boxing (5 - 8 years) 17.45 - 18.30 - Boxing Gym Centre: Brinnington Park		Family Sports (8 - 12 years) 17.00 - 17.45 - Sports Hall Centre: Brinnington Park	Kids Gym (8 - 12 years) 17.00 - 17.45 - Gym Centre: Brinnington Park	Family Spin (8 - 12 years) 16.45 - 17.15 - Studio 2 Centre: Cheadle	Family Gym (8 - 12 years) 12.00 - 13.00 - Gym Centre: Cheadle	Family Squash (5 - 12 years) 12.20 - 13.40 - Sports Hall Centre: Priestnall *Bookable in 40 minute slots	Kids Gym (8 - 12 years) 15.45 - 16.30 - Gym Centre: Avondale
Junior Boxing (9 - 12 years) 18.30 - 19.30 - Boxing Gym Centre: Brinnington Park		Family Badminton (5 - 12 years) 17.00 - 18.00 - MUA Centre: Houldsworth Village	Family Badminton (5 - 12 years) 17.00 - 18.00 - MUA Centre: Houldsworth Village	Family Squash (5 - 12 years) 17.00 - 17.40 - Sports Hall Centre: Priestnall	Family Gym (8 - 12 years) 12.00 - 13.00 - Gym Centre: Cheadle	Family Squash (5 - 12 years) 12.20 - 13.40 - Sports Hall Centre: Priestnall *Bookable in 40 minute slots	Kids Gym (8 - 12 years) 15.45 - 16.30 - Gym Centre: Avondale
		Football Skills (9 - 12 years) 17.05 - 17.50 - Pitch Centre: Stockport Sports Village	Football Skills (9 - 12 years) 17.05 - 17.50 - Pitch Centre: Stockport Sports Village	Family Badminton (5 - 12 years) 17.00 - 18.00 - Sports Hall Centre: Priestnall	Family Gym (8 - 12 years) 12.00 - 13.00 - Gym Centre: Cheadle	Junior Boxing (8 - 12 years) 12.30 - 13.15 - Studio 1 Centre: Avondale	Family Gym (8 - 12 years) 14.00 - 16.00 - Gym Centre: Stockport Sports Village
		Kids Boxing (5 - 8 years) 17.45 - 18.30 - Boxing Gym Centre: Brinnington Park	Kids Boxing (5 - 8 years) 17.45 - 18.30 - Boxing Gym Centre: Brinnington Park	Family Gym (8 - 12 years) 17.30 - 18.30 - Gym Centre: Hazel Grove	Family Gym (8 - 12 years) 12.00 - 13.00 - Gym Centre: Cheadle	Junior Boxing (8 - 12 years) 12.30 - 13.15 - Studio 1 Centre: Avondale	Family Gym (8 - 12 years) 14.00 - 16.00 - Gym Centre: Stockport Sports Village
	Martial Arts (9 - 12 years) 18.00 - 18.45 - Studio Centre: Stockport Sports Village	Martial Arts (9 - 12 years) 18.00 - 18.45 - Studio Centre: Stockport Sports Village	Disco Dodgeball (5 - 12 years) 17.45 - 18.30 - Studio Centre: Houldsworth Village	Family Gym (8 - 12 years) 13.30 - 15.00 - Gym Centre: Houldsworth Village	Family Gym (8 - 12 years) 13.30 - 15.00 - Gym Centre: Houldsworth Village	Family Gym (8 - 12 years) 13.30 - 15.00 - Gym Centre: Houldsworth Village	
	Junior Boxing (9 - 12 years) 18.30 - 19.30 - Boxing Gym Centre: Brinnington Park	Junior Boxing (9 - 12 years) 18.30 - 19.30 - Boxing Gym Centre: Brinnington Park	Roller Disco (5 - 12 years) 18.30 - 20.00 - Gym Centre: Avondale	Family Gym (8 - 12 years) 15.00 - 16.00 - Gym Centre: Hazel Grove	Family Gym (8 - 12 years) 15.00 - 16.00 - Gym Centre: Hazel Grove	Family Gym (8 - 12 years) 15.00 - 16.00 - Gym Centre: Hazel Grove	

Memberships are available at just £15.00 per month!

Kids memberships include FREE swimming!*

*During public swimming times



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