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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **DAY/ TIME** | **9am – 10am** | **10am – 11am** | **11am – 12pm** | **12pm – 1pm** | **1pm – 2pm** | **2pm – 3pm** | **3pm – 4pm** | **4pm – 5pm** | **5pm – 6pm** | **6pm – 7pm** | **7pm –**  **9pm** |
| **MONDAY** | **STAR JUMPERS – PRE-SCHOOL GYM CLASSES**  **(9:15am – 2:30pm)**  **Several sessions in this time frame** | | | | | |  |  |  | **FLAME FITNESS**  **(6:05pm – 6:55pm)** | **DANCE FITNESS**  **(7:05pm – 7:55pm)** |
| **TUESDAY** | **STARJUMPERS – PRE-SCHOOL GYM CLASSES**  **(9:15am – 4.30pm)**  **Several sessions in this time frame** | | | | | | | |  | **GKR KARATE**  **(6:05pm – 7pm)** | **BOOGIE BOUNCE**  **(7:30pm – 9pm** |
| **WEDNESDAY** |  | **BABY SENSORY – Several sessions in this time frame**  **(10am – 1:45pm)** | | | | |  |  | **TAE KWON DO**  **(5:30pm – 7:45pm)** | | **Zumba Freak 8.10pm-9.05pm** |
| **THURSDAY** |  | **BABY SENSORY - – Several sessions in this time frame**  **(10am – 2:30pm)** | | | | |  | **3D STREET DANCE**  **(4pm – 7:15pm)**  **More than one session** | | **REAL FITNESS**  **(7:35pm – 8:15pm)** | |
| **FRIDAY** |  | **RAINBOW TOTS**  **Toddler group**  **(10am – 11:30am)** | |  |  |  |  |  |  | **GKR KARATE**  **(6:05pm – 7pm)** |  |
| **SATURDAY** | **TAE KWON DO**  **(9:30am – 12pm)** | | | **This room is available for parties and private events - (up to 10.pm)** | | | | | | | |
| **SUNDAY** | **This room is available for parties and private events - (up to 9pm)** | | | | | | | | | | |

SCROLL DOWN FOR CONTACT DETAILS OF CLASS LEADERS

**ACTIVITY CONTACTS**

**STAR JUMPERS – PRE-SCHOOL GYM – Steve Denny (0117 957 0009)**

**FLAME FITNESS – Alex Lambert (07769329027)**

**DANCE FITNESS – Sam King (07983 574562)**

**TAE KWON DO – Lee David Newman (07795 467262)**

**GKR KARATE – Mark Woods (07951 947280)**

**BOOGIE BOUNCE – Claire Boon (07805 360411)**

**BABY SENSORY – Helen Williams (07721 615412)**

**ZUMBA FREAK – Debbie Griffin (07795 811083)**

**RAINBOW TOTS – Kevin Donaghy (0117 9575418)**

**3D STREET DANCE – Louise Hopton (07754 039059)**

**REAL FITNESS – Sarah Buscemi (07975 943589)**