

Activity Timetable

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>9.30am - 11.30am Les Mills Classes 9.30 - 10.30: BODYCOMBAT 10.30 - 11.30: BODYBALANCE</p> <p>Please call 840290 to book your place</p>	<p>9.30am - 12.30pm Tumble 'n' Twist 9.30 - 10.30: Walking to 2 years 10.30 - 11.30: 2 to 3 years 11.30 - 12.30: 3 to 5 years</p> <p>LIMITED PLACES AVAILABLE Call 840290 to book</p>	<p>10.30am - 12.30pm Tumble 'n' Twist 10.30 - 11.30: Walking to 3 years 11.30 - 12.30: 3 to 5 years</p> <p>LIMITED PLACES AVAILABLE Call 840290 to book</p>	<p>10.00am - 12.00pm Tumble 'n' Twist 10am - 11am: Walking to 3 years 11am - 12pm: 3 to 5 years</p> <p>LIMITED PLACES AVAILABLE Call 840290 to book</p>	<p>10.00am - 12.00pm Soft Play Session For children up to age 5</p> <p>ONLY £3 Just turn up!</p>	<p>10.00am - 11:00am SEN Soft Play Autism-friendly soft play session</p> <p>ONLY £3 Just turn up!</p>
<p>1.00pm - 3.00pm Tumble 'n' Twist 1pm - 2pm: 3 to 5 years 2pm - 3pm: Walking to 3 years</p> <p>LIMITED PLACES AVAILABLE Call 840290 to book</p>		<p>1.00pm - 3.00pm Soft Play Session For children up to age 5</p> <p>ONLY £3 Just turn up!</p>			<p>Weekend afternoons Birthday Parties</p>
<p>4.30pm - 5.30pm Mini Soccer Skills For children aged 5 to 7 years</p> <p>ONLY £3 Just turn up!</p>	<p>4.00pm - 5.00pm Intro to Gymnastics For children aged 4 to 8 years</p> <p>LIMITED PLACES AVAILABLE Call 840290 to book</p>	<p>4.00pm - 6.00pm Intro to Gymnastics For children aged 4 to 8 years</p> <p>LIMITED PLACES AVAILABLE Call 840290 to book</p>	<p>6.00pm - 7.30pm Hull Zanshin Karate Suitable for all ages</p> <p>Contact Tony to book 07752 897886</p>	<p>5.00pm - 6.45pm Les Mills Classes 5.00pm - 6.00pm: BODYCOMBAT 6.00pm - 6.45pm: CORE</p> <p>Please call 840290 to book your place</p>	
<p>6.00pm - 8.00pm Les Mills Fitness Classes 6pm - 7pm: BODYCOMBAT 7pm - 8pm: BODYBALANCE</p> <p>Please call 840290 to book your place</p>	<p>6.00pm - 8.30pm Hull Zanshin Karate Suitable for all ages</p> <p>Contact Tony to book 07752 897886</p>	<p>6.45pm - 7.15pm Fitmums & Friends Suitable for all ages</p> <p>For details see www.fitmums.org.uk</p>	<p>8.00pm - 9.00pm Thompson Fitness Circuit Training Suitable for all ages</p> <p>Contact Neil to book 07730 779982</p>		