

# OCTOBER HALF TERM 2019 - JUNIOR FITNESS

Monday 28th October	Tuesday 29th October	Wednesday 30th October	Thursday 31st October	Friday 1st November	Saturday 2nd November
07.00 - 07.45 Sports Ko8 Hall	09.30 - 10.00 Studio1 HIIT	11.00 - 13.00 Junior Gym Session	09.00 - 09.30 Sports Ko8 Hall	07.00 - 07.30 Studio1 AB30	10.00 - 11.00 Sports LOW CIRCUIT Hall
09.30 - 10.00 Studio1 AB30	10.00 - 11.00 Sports LOW CIRCUIT Hall		11.00 - 13.00 Junior Gym Session	11.00 - 13.00 Junior Gym Session	
10.00 - 10.30 Studio1 CORE	11.00 - 13.00 Junior Gym Session		12:00 - 12.45 Gym Functional Workshop	17.30 - 18.00 Studio1 AB30	
11.00 - 13.00 Junior Gym Session	12:00 - 12.45 Gym Functional Workshop				
18.05 - 18.50 Sports HIIT vs CORE Hall					

The above junior classes can be attended by juniors aged between 12 - 15 years old.

All classes above can be unaccompanied or with an adult. Junior members only.

\* Functional Workshop- 14-16yrs only. Max 10 participant. An intro into free weights and functional equipment. Included in membership.

