

## **Activity Schedule**

## **Junior Programme Classes**

All classes can be booked at N Stars reception or by calling 01442 282950

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8-12 Fitness	Must be accompanied by an adult						
Junior inductions available daily on request		Circuits Gym Floor 19.30		Spin Studio 19.30			Circuits Gym Floor 10.00
12+ Fitness							
Junior inductions available daily on request		Circuits Gym Floor 19.30		<mark>Spin</mark> Studio 19.30			Boot Camp Gym Floor 10.00 Yoga 9.00 Studio 2
13+ Fitness							
Junior inductions available daily on request		Circuits Gym Floor 19.30		<mark>Spin</mark> Studio 19.30			Circuits Gym Floor Yoga 9.00 Studio 2