

# Junior Programme Classes

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>8+ Classes</b>							
Tae-Kwon-Do (All Ages)			18.00-19.00		18.35-19.30	12.00-12.55	
Junior Circuits (8+)						9.30-10.30	
<b>10+ Fitness with wellbeing instructor ( Junior must have completed an induction and must be wearing their yellow band)</b>							
Junior Fit	17.00-18.00		17.00-18.00				10.30-11.30
						17.00-18.00	17.00-18.00
<b>12+ Fitness with parent supervision (Junior must have completed an induction and must be wearing their green band)</b>							
Gym Floor	09.00-19.00	09.00-19.00	09.00-19.00	09.00-19.00	09.00-19.00	09.00-19.00	09.00-19.00
<b>14+ Fitness with parent on site (Junior must have completed an induction and must be wearing their black band)</b>							
Gym Floor	09.00-19.00	09.00-19.00	09.00-19.00	09.00-19.00	09.00-19.00	09.00-19.00	09.00-19.00

We ask that all juniors wear appropriate bands at all times. Replacement bands cost £1  
All classes can be booked at reception.