

LIFE LEISURE KIDS CLASS TIMETABLE

July - August 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Ball Games (5 - 12 yrs) 16.15 - 17.00 - MUA Houldsworth Village	Family Gym (8 - 12 yrs) 15.15 - 17.00 - Gym Houldsworth Village	Family Gym (8 - 12 yrs) 16.00 - 17.15 - Fitness Suite Stockport Sports Village	Family Gym (8 - 12 yrs) 16.00 - 17.00 - Gym Brinnington Park	Family Gym (8 - 12 yrs) 15.15 - 18.00 - Gym Houldsworth Village	Family Bootcamp (5 - 12 yrs) 10.30 - 11.15 - Studio 1 Stockport Sports Village	Kids Circuits (5 - 12 yrs) 10.45 - 11.30 - Studio Stockport Sports Village
Kids Gym (8 - 12 yrs) 16.30 - 17.15 - Gym Houldsworth Village	Family Table Tennis (5 - 12 yrs) 16.15 - 17.00 - Studio Stockport Sports Village	Family Gym (8 - 12 yrs) 16.00 - 17.00 - Gym Cheadle	Kids Boxing (7 - 12 yrs) 16.30 - 17.15 - Studio Stockport Sports Village	Family Badminton (5 - 12 yrs) 16.00 - 17.00 - MUA Houldsworth Village	Family Circuits (8 - 12 yrs) 11.30 - 12.15 - Studio 1 Avondale	Family Gym (8 - 12 yrs) 11.30 - 14.00 - Gym Cheadle
Family Gym (8 - 12 yrs) 16.00 - 17.15 - Fitness Suite Stockport Sports Village	Football Skills (5 - 12 yrs) 16.30 - 17.30 - Studio Houldsworth Village	Football Skills (5 - 8 yrs) 16.15 - 17.00 - Astro Pitch 4 Stockport Sports Village	Kids Gym (8 - 12 yrs) 16.00 - 16.45 - Gym Avondale	Family Gym (8 - 12 yrs) 16.00 - 17.15 - Fitness Suite Stockport Sports Village	Family Gym (8 - 12 yrs) 11.30 - 14.00 - Gym Cheadle	Kids Gym (8 - 12 yrs) 13.15 - 14.00 - Gym Brinnington Park
Family Gym (5 - 12 yrs) 16.00 - 17.15 - Gym Avondale	Kids Circuits (5 - 12 yrs) 16.30 - 17.30 - Studio Stockport Sports Village	Kids Gym (8 - 12 yrs) 16.15 - 17.00 - Gym Houldsworth Village	Kids Gym (8 - 12 yrs) 17.00 - 17.45 - Gym Brinnington Park	Ball Sports (5 - 12 yrs) 16.00 - 16.45 - Sports Hall Brinnington Park	Family Gym (8 - 12 yrs) 13.30 - 15.00 - Gym Houldsworth Village	Family Gym (8 - 12 yrs) 13.30 - 15.00 - Gym Houldsworth Village
Football Skills (5 - 8 yrs) 16.15 - 17.00 - Sports Hall Brinnington Park	Kids Netball & Basketball (5 - 12 yrs) 16.45 - 17.30 - Sports Hall Brinnington Park	Kids Gym (8 - 12 yrs) 16.45 - 17.30 - Gym Avondale		Family Gym (8 - 12 yrs) 16.00 - 17.00 - Gym Cheadle	Family Gym (8 - 12 yrs) 14.00 - 16.00 - Gym Stockport Sports Village	Family Gym (8 - 12 yrs) 14.00 - 16.00 - Gym Stockport Sports Village
Kids Dance (5 - 8 yrs) 16.30 - 17.15 - Studio 1 Stockport Sports Village	Family Gym (8 - 12 yrs) 17.00 - 18.00 - Gym Cheadle	Little Boxers (5 - 8 yrs) 16.45 - 17.30 - Studio Brinnington Park		Family Table Tennis (5 - 12 yrs) 16.30 - 17.15 - Studio Stockport Sports Village	Family Gym (8 - 12 yrs) 15.00 - 16.00 - Gym Hazel Grove	Family Gym (8 - 12 yrs) 15.00 - 16.00 - Gym Hazel Grove
Little Boxers (5 - 8 yrs) 16.45 - 17.30 - Studio Brinnington Park		Martial Arts (5 - 8 yrs) 17.00 - 17.45 - Studio Stockport Sports Village		Family Fun (5 - 12 yrs) 17.00 - 19.00 - Sports Hall Avondale		Kids Gym (8 - 12 yrs) 15.45 - 16.30 - Gym Avondale
Football Skills (9 - 12 yrs) 17.00 - 17.45 - Sports Hall Brinnington Park		Family Sports (8 - 12 yrs) 17.00 - 17.45 - Sports Hall Brinnington Park		Disco Dodgeball (5 - 12 yrs) 17.45 - 18.30 - Studio Houldsworth Village		
Kids Dance (9 - 12 yrs) 17.15 - 18.00 - Studio 1 Stockport Sports Village		Family Badminton (5 - 12 yrs) 17.00 - 18.00 - MUA Houldsworth Village				
Junior Boxing (9 - 12 yrs) 17.45 - 18.30 - Boxing Area Brinnington Park		Football Skills (9 - 12 yrs) 17.00 - 17.45 - Astro Pitch 4 Stockport Sports Village				
Family Gym (8 - 12 yrs) 19.00 - 20.00 - Gym Cheadle		Junior Boxing (9 - 12 yrs) 17.45 - 18.30 - Boxing Area Brinnington Park				
		Martial Arts (9 - 12 yrs) 18.00 - 18.45 - Studio Stockport Sports Village				

Centre Key

- Avondale
- Brinnington Park
- Cheadle
- Hazel Grove
- Houldsworth Village
- Stockport Sports Village

Class Key

- Bookable as activity, not class
- Unsupervised session
- Booking not necessary

Kids memberships include FREE swimming!*

*During public swimming times



All classes can be booked online or via the Life Leisure App