

# LOVE BEING ACTIVE WEEK

17.03 - 22.03

## FREE TIMETABLE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
HIVE Sculpt 9.30 - 10.15	SMILE Showcase 10.00 - 11.00	Baby Splash 9.30 - 10.00	Circuits 9.45 - 10.30	General Swim 9.30 - 11.30	Baby Splash 8.25 - 8.55
Body Balance 10.20 - 11.05	Tai Chi 12.00 - 13.00	General Swim 9.30 - 11.30	Baby Splash 10.20 - 10.50	Boxfit 10.15 - 11.00	Body Combat 9.00 - 10.00
Spin 12.30 - 13.00	Baby splash 13.00 - 13.30	Rumble Engine 10.15 - 11.00	Spin 9.30 - 10.00	Pickleball 10.30 - 12.00	Body Pump 10.15 - 11.15
Baby Splash 14.05 - 14.35	Spin 13.00 - 13.30	Pickleball 14.00 - 14.30	SwimFit 11.00 - 12.00	Charity walk from GCP 13.00 - 14.00	Body Balance 11.30 - 12.15
Glutes & Core 14.15 - 15.00	Tots Stay and Play 13.30 - 14.30	Aqua 14.00 - 14.45	Baby Splash 12.20 - 12.50	General Swim 16.00 - 18.00	Kids Circuits 11.30 - 12.15
Kids Disco Dodgeball 16.15 - 17.00	Kids Football 16.30 - 17.30	Spin 17.30 - 18.30	Circuits 13.00 - 13.30	Spin 17.30 - 18.00	
	Kids Basketball & Netball 16.55 - 17.30	Zumba 20.00 - 20.45	Boxfit 18.00 - 18.45	Zumba 18.15 - 19.00	

### HUB KEY:

-  Avondale
-  Brinnington Park
-  Cheadle
-  Grand Central
-  Hazel Grove
-  Houldsworth Village
-  Romiley
-  Stockport Sports Village



Scan me

