

Junior and Family Timetable

May - August 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Family Gym (8 - 12 yrs) 16.00 - 17.30 - Gym Stockport Sports Village	Strength (8 - 12 yrs) 16.00 - 16.45 - Gym Avondale	Family Gym (8 - 12 yrs) 16.00 - 17.30 - Gym Stockport Sports Village	Padel (5 - 12 yrs) 16.00 - 17.00 - Padel court Houldsworth Village	Family Gym (8 - 12 yrs) 16.00 - 18.00 - Gym Houldsworth Village	Family R1G (8 - 12 yrs) 11.00 - 12.00 - Gym Houldsworth Village	Family Padel (5 - 12 yrs) 12.00 - 13.00 - Padel Court Houldsworth Village
Dodgeball (5 - 12 yrs) 16.00 - 16.45 Houldsworth Village	Sensory Garden (5 - 12 yrs) 16.15 - 17.00 - Garden Hazel Grove	Family Gym (8 - 12 yrs) 16.00 - 17.00 - Gym Cheadle	Junior Gym (8 - 12 yrs) 16.00 - 16.45 - Gym Avondale	Family Badminton (5 - 12 yrs) 16.00 - 17.00 - MUA Houldsworth Village	Family Gym (8 - 12 yrs) 11.30 - 12.15 - Gym Avondale	Family Gym (8 - 12 yrs) 13.00 - 14.00 - Gym Cheadle
Family Pickleball (5 - 12 yrs) 16.15 - 17.00 - Sports Hall Brinnington Park	HYROX Youngstars (8 - 12 yrs) 16.30 - 17.15 - Gym Houldsworth Village	Summer Sports (5 - 12 yrs) 16.00 - 16.45 - Astro Brinnington Park	Mental Health Soulful Session (5 - 12 yrs) 16.15 - 17.15 - Studio Stockport Sports Village	Dodgeball (5 - 12 yrs) 16.00 - 16.45 - Studio Avondale	Family Bootcamp (5 - 12 yrs) 10.30 - 11.15 - Studio Stockport Sports Village	Strength (8 - 12 yrs) 13.00 - 13.45 - Gym Avondale
Strength (8 - 12 yrs) 16.30 - 17.15 - Studio Romiley	Circuits (5 - 12 yrs) 16.30 - 17.00 - Studio Stockport Sports Village	Junior Gym (8 - 12 yrs) 16.15 - 17.00 - Gym Houldsworth Village	Craft Club (5 - 12 yrs) 16.15 - 17.15 - Community Room Brinnington Park	Family Table Tennis (5 - 12 yrs) 16.00 - 17.00 - Studio Stockport Sports Village	Zumba (5 - 12 yrs) 12.30 - 13.15 Cheadle	Family Gym (8 - 12 yrs) 13.30 - 15.00 - Gym Houldsworth Village
Strength (8 - 12 yrs) 16.30 - 17.15 - Gym Cheadle	Dance (5 - 12 yrs) 16.45 - 17.30 - Studio Brinnington Park	Strength (8 - 12 yrs) 16.30 - 17.15 - Studio Romiley	Strength (8 - 12 yrs) 16.15 - 17.00 - Gym Brinnington Park	Family Gym (8 - 12 yrs) 16.00 - 17.00 - Gym Cheadle	Family Gym (8 - 12 yrs) 12.30 - 13.15 - Gym Brinnington Park	Family Gym (8 - 12 yrs) 14.00 - 16.00 - Gym Stockport Sports Village
Football (5 - 12 yrs) 16.45 - 17.30 - MUA Houldsworth Village	Family Gym (8 - 12 yrs) 17.00 - 18.00 - Gym Cheadle	Ball Sports (5 - 12 yrs) 16.55 - 17.40 - Sportshall Brinnington Park	R1G (8 - 12 yrs) 16.30 - 17.15 - Gym Hazel Grove	Ball Sports (5 - 12 yrs) 16.15 - 17.00 - Sports Hall Brinnington Park	Strength (8 - 12 yrs) 13.00 - 13.45 - Gym Cheadle	Family R1G (8 - 12 yrs) 14.00 - 14.45 - R1G Area Grand Central
Boxing (5 - 8 yrs) 16.45 - 17.30 - Studio Brinnington Park		Family Badminton (5 - 12 yrs) 17.00 - 18.00 - MUA Houldsworth Village	Family Gym (8 - 12 yrs) 17.15 - 18.00 - Gym Brinnington Park	Disco Sports (5 - 12 yrs) 16.45 - 17.30 - Studio Avondale	Family Gym (8 - 12 yrs) 13.30 - 15.00 - Gym Houldsworth Village	Family Strength (8 - 12 yrs) 14.15 - 15.00 - Gym Brinnington Park
Family Padel (5 - 12 yrs) 17.00 - 18.00 - Padel court Houldsworth Village		Dance (5 - 9 yrs) 17.00 - 17.45 - Studio Stockport Sports Village			Family Gym (8 - 12 yrs) 14.00 - 16.00 - Gym Stockport Sports Village	Family Gym (8 - 12 yrs) 15.00 - 16.00 - Gym Hazel Grove
Family Gym (8 - 12 yrs) 19.00 - 20.00 - Gym Cheadle		Martial Arts (7 - 12 yrs) 17.15 - 18.00 - Rumble Studio Stockport Sports Village			Family R1G (8 - 12 yrs) 14.00 - 15.00 - Gym Hazel Grove	

Hub Key

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

Class Key

- Bookable as activity, not class
- Term time only

Kids memberships include FREE swimming!*

*During public swimming times



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