

Junior and Family Timetable

Sept - Dec 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) 16.15 - 17.00 - Gym Avondale	Family Gym (8 - 12 yrs) 16.00 - 17.30 - Gym Stockport Sports Village	Junior Gym (8 - 12 yrs) 16.00 - 16.45 - Gym Avondale	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
Junior Padel (5 - 12 yrs) 16.00 - 17.00 - Padel court Houldsworth Village	HYROX Youngstars (8 - 12 yrs) 16.30 - 17.15 - Gym Houldsworth Village	Family Gym (8 - 12 yrs) 16.00 - 17.00 - Gym Cheadle	Mental Health Soulful Session (5 - 12 yrs) 16.15 - 17.15 - Studio Stockport Sports Village	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	Circuits (5 - 12 yrs) 16.30 - 17.00 - Studio Stockport Sports Village	Sports Games (5 - 12 yrs) 16.00 - 16.45 - Astro Brinnington Park	Craft Club (5 - 12 yrs) 16.15 - 17.15 - Community Room Brinnington Park	Racquet Sports (5 - 12 yrs) 16.00 - 16.45 - Sports Hall Avondale	Family Bootcamp (5 - 12 yrs) 10.30 - 11.15 - Studio Stockport Sports Village	Strength (8 - 12 yrs) 13.00 - 14.00 - Gym Avondale
Strength (8 - 12 yrs) 16.30 - 17.15 - Studio Romiley	Dance (5 - 12 yrs) 16.45 - 17.30 - Studio Brinnington Park	Junior Gym (8 - 12 yrs) 16.15 - 17.00 - Gym Houldsworth Village	Strength (8 - 12 yrs) 16.15 - 17.00 - Gym 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	Family Gym (8 - 12 yrs) 17.00 - 18.00 - Gym Cheadle	Junior Gym (8 - 12 yrs) 16.15 - 17.00 - Gym Avondale	Strength (8 - 12 yrs) 16.15 - 17.00 - Gym Avondale	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
Junior Gym (8 - 12 yrs) 16.15 - 17.00 - Gym Avondale	Family Gym (8 - 12 yrs) 19.00 - 20.00 - Gym Avondale	Strength (8 - 12 yrs) 16.30 - 17.15 - Studio Romiley	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		Ball Sports (5- 12 yrs) 16.55 - 17.40 - Sportshall Brinnington Park	Family Gym (8 - 12 yrs) 17.15 - 18.00 - Gym Brinnington Park	Junior Gym (8 - 12 yrs) 16.15 - 17.00 - Gym Avondale	Family Gym (8 - 12 yrs) 13.30 - 15.00 - Gym Houldsworth Village	Family Gym (8 - 12 yrs) 14.00 - 15.00 - Gym Avondale
Family Gym (8 - 12 yrs) 19.00 - 20.00 - Gym Cheadle		Family Badminton (5 - 12 yrs) 17.00 - 18.00 - MUA Houldsworth Village	Family Gym (8 - 12 yrs) 19.00 - 20.00 - Gym Avondale	Dodgeball (5 - 12 yrs) 16.45 - 17.30 - Studio Avondale	Family Gym (8 - 12 yrs) 14.00 - 16.00 - Gym Stockport Sports Village	Family Strength (8 - 12 yrs) 14.15 - 15.00 - Gym Brinnington Park
		Dance (5 - 9 yrs) 17.00 - 17.45 - Studio Stockport Sports Village			Family R1G (8 - 12 yrs) 14.00 - 15.00 - Gym Hazel Grove	Family Gym (8 - 12 yrs) 15.00 - 16.00 - Gym Hazel Grove
		Martial Arts (7 - 12 yrs) 17.15 - 18.00 - Rumble Studio Stockport Sports Village			Family Gym (8 - 12 yrs) 14.00 - 15.00 - Gym Avondale	

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