

JA Programme

2019

All activities are fully supervised, allowing you to use the club's other facilities. Many are FREE to Junior members whilst some will have a fee attached. It is possible to bring guests along to selected sessions, where there is a non-member fee indicated.

ACTIVITY	TIME	AGE	MEMBERS	NON-MEMBERS	MEET
MONDAY					
SOFT PLAY*	15:15-16:15	2-8	Free	£7.50	Soft Play
BALLET	15:45-18:00	4+	Please call 020 8398 6140		
JUNIOR GYM SESSION*	16:00-16:45	9-11	Free	N/A	Gym Entrance
SQUASH COURSE - BEGINNERS	16:30-17:30	6-16	Details overleaf		
JUNIOR GYM SESSION*	16:45-17:30	11-13	Free	N/A	Gym Entrance
KIDS SPLASH*	16:45-17:45	4-8	Free	N/A	Reception
SQUASH COURSE - INTERMEDIATE	17:30-18:30	6-16	Details overleaf		
SWIM SQUAD	17:45-18:30	9-13	Free	N/A	Poolside
TUESDAY					
AFTER SCHOOL CLUB	15:00-18:00	4-13	Free	N/A	JA Room
BALLET	15:45-19:00	4+	Please call 020 8398 6140		
SWIM SQUAD	17:45-18:30	9-13	Free	N/A	Poolside
WEDNESDAY					
AFTER SCHOOL CLUB	15:00-18:00	4-13	Free	N/A	JA Room
SOFT PLAY*	15:30-16:30	2-8	Free	£7.50	Soft Play
JUNIOR GYM	16:45-17:30	9-13	Free	N/A	Gym Entrance
THURSDAY					
BALLET	16:00-18:45	4+	Please call 020 8398 6140		
BASKETBALL	16:15-17:00	8-14	Free	£7.50	JA Room
ABEL KARATE	17:15-18:15	5-14	Contact details overleaf		
FRIDAY					
JUNIOR GYM SESSION*	16:00-16:45	9-11	Free	N/A	Gym Entrance
JUNIOR GYM SESSION*	16:45-17:30	11-13	Free	N/A	
BALLET	16:45-18:15	4+	Please call 020 8398 6140		
JUNIOR DANCE COMPANY**	17:00-17:45	7-12	£15	£30	JA Room
SATURDAY					
SOFT PLAY*	09:00-10:30	2-8	Free	£10.00	Soft Play
KIDS CLUB*	09:30-11:00	4-7	Free	£7.50	JA Room
JUNIOR FITNESS*	09:30-11:00	8-12	Free	£7.50	
SQUASH COURSE - BEGINNERS	10:00-11:15	6-16	Details overleaf		
SQUASH COURSE - INTERMEDIATE	11:15-12:30	6-16	Details overleaf		
AIKIDO - MARTIAL ARTS	14:00-15:00	5-14	Contact details overleaf		
SUNDAY					
SOFT PLAY*	09:00-10:30	2-8	Free	£10.00	Soft Play
JUNIOR GYM SESSION*	14:00-15:00	9-13	Free	N/A	Gym Entrance

☐ Payable Courses 🟠 Week-to-Week Sessions ★ Sessions that run during holidays



HELPFUL HINTS FOR YOUNG MEMBERS:

- ✓ check-in @ reception on arrival
- ✓ remember the membership card
- ✓ use the lockers provided

SQUASH COURTS

- ✓ wear indoor, non-marking trainers
- ✓ book in advance when possible
- ✓ borrow rackets &/or balls
- ✓ be considerate of other players

CLASSES

- ✓ book an induction if necessary
- ✓ try and book in advance
- ✓ bring a towel & water
- ✓ arrive 5 minutes early
- ✓ wear suitable clothing
- ✓ don't be afraid to ask questions
- ✓ don't be afraid to make mistakes

SWIMMING POOL

- ✓ use the wet changing area
- ✓ please shower before and in-between using the pool, sauna, or jacuzzi
- ✓ be sure to follow the rules of swim lanes
- ✓ be considerate of classes and others using the facilities

Mind & Body classes	High Intensity classes
Dance classes	Strength & Conditioning classes
Pool classes	Cycling classes

FOR THE LATEST TIMETABLE, VISIT OUR WEBSITE.
 @COLETSEALTH

MONDAY

06:35-07:20	SUSPENSION CIRCUIT*	3
09:15-10:00	KONGA*	1-3
09:30-10:15	GROUP CYCLE*	1-2
09:45-10:30	AQUA MIX*	1-2
12:30-13:10	CORE CONDITIONING*	1-2
16:00-16:30	FUNCTIONAL TRAINING	1-3
17:30-18:15	GROUP CYCLE*	1-3

TUESDAY

09:05-10:00	ZUMBA*	1-2
09:20-09:50	GROUP CYCLE HIIT*	3
09:30-10:45	FLOW VINYASA YOGA*	1-2
09:45-10:30	AQUA DEEP WATER*	1-2
10:00-10:30	GYM CORE*	1-2
11:45-12:30	GROUP CYCLE*	1-2
12:35-13:20	PILATES*	2-3
17:00-17:30	FUNCTIONAL TRAINING	1-3

WEDNESDAY

06:35-07:20	CIRCUITS*	1-3
09:30-10:20	COACH BY COLOUR*	1-3
09:30-10:30	BARRE CONCEPT*	2-3
09:45-10:30	AQUA MIX*	1-2
10:30-11:25	PILATES*	2-3
10:45-12:00	IVENGAR YOGA*	2-3
11:30-12:25	PILATES*	1-2
12:30-13:15	PILATES*	1-3
16:15-16:45	FUNCTIONAL TRAINING	1-3
17:30-18:15	STRONG NOT SKINNY*	1-3

THURSDAY

06:35-07:20	SWIM FIT*	1-2
09:10-09:55	BARRE CONCEPT*	1-2
09:45-10:30	AQUA DEEP WATER*	1-3
10:00-10:30	GYM CORE*	1-3
10:10-11:25	IVENGAR YOGA*	2-3
12:15-13:00	SWIM FIT*	1-3

FRIDAY

06:40-07:10	GROUP CYCLE HIIT*	3
10:30-11:30	PILATES*	2-3
11:35-12:20	FITNESS PILATES*	1-3
11:35-12:45	GENTLE FLOW VINYASA YOGA*	1-2
12:30-13:15	BOXERCISE*	1-3

SATURDAY

08:35-09:15	KONGA*	1-3
08:50-09:20	GYM CORE*	1-3
09:00-10:00	PILATES*	2-3
09:20-10:00	KONGA*	1-3
09:30-10:15	COACH BY COLOUR*	1-3
11:00-11:45	TOTAL BODY WORKOUT*	2-3
17:00-17:30	GYM CORE*	1-3

SUNDAY

09:00-09:30	GYM CORE*	1-2
09:00-10:15	HATHA YOGA*	1-2
09:30-10:20	GROUP CYCLE*	2-3
10:30-11:00	GYM CORE*	1-2
10:45-11:45	FLOW VINYASA YOGA*	1-3
17:00-17:45	CIRCUITS*	1-3

Book up to 7 days in advance at Reception, or call 0208 398 7108