

# 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
<b>MONDAY</b>					
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
JUNIOR SQUASH COURSE - BEGINNERS	16:30-17:30	6-16	Details overleaf		Squash Courts
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
JUNIOR SQUASH COURSE - INTERMEDIATE	17:30-18:30	6-16	Details overleaf		Squash Courts
SWIM SQUAD	17:45-18:30	9-13	Free	N/A	Poolside
<b>TUESDAY</b>					
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
<b>WEDNESDAY</b>					
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
<b>THURSDAY</b>					
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		JA Room
<b>FRIDAY</b>					
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
<b>SATURDAY</b>					
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	
JUNIOR SQUASH COURSE - BEGINNERS	10:00-11:15	6-16	Details overleaf		Squash Courts
JUNIOR SQUASH COURSE - INTERMEDIATE	11:15-12:30	6-16	Details overleaf		
AIKIDO - MARTIAL ARTS	14:00-15:00	5-14	Contact details overleaf		Studio 2
<b>SUNDAY</b>					
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

**@ColetsHealth**

FOR THE LATEST TIMETABLE, VISIT OUR WEBSITE.  
FOR LAST-MINUTE CHANGES, FOLLOW US ON SOCIAL MEDIA.

DAY	TIME	ACTIVITY	MEMBERS
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
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	
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
11:30-12:25	PILATES*	1-2	
10:45-12:00	IYENGAR YOGA*	2-3	
12:30-13:15	PILATES*	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	IYENGAR 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
	17:00-17:30	GYM CORE*	1-3
SATURDAY	08:50-09:20	GYM CORE*	1-3
	09:00-10:00	PILATES*	2-3
	09:10-09:55	KONGA*	1-2
	09:30-10:15	COACH BY COLOUR*	1-3
	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**