

JUNIORS

JA Programme

SEPTEMBER 2019

AGES 2-14

14-17

	ACTIVITY	TIME	AGE	MEMBERS	NON-MEMBERS	MEET
MONDAY	SOFT PLAY*	15:30-16:30	2-8	Free	£7.50	Soft Play
	BALLET	15:45-18:00	4+	Please call 020 8398 6140		
	JUNIOR GYM*	16:00-16:45	9-11	Free	N/A	Gym Entrance
	JUNIOR GYM*	16:45-17:30	11-13	Free	N/A	Gym Entrance
	KIDS SPLASH*	17:00-17:45	4-8	Free	N/A	Poolside
NEW	COLETS SQUASH ACADEMY	17:00-18:00	6-16	INVITE ONLY - Details overleaf		
TUESDAY	AFTER SCHOOL CLUB	15:00-18:00	4+	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+	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
NEW	JUNIOR YOGA + MINDFULNESS	17:15-17:45	4-10	£14 (course)	£28 (course)	Studio 2
NEW	TEEN YOGA + MINDFULNESS	17:50-18:20	11-15	£14 (course)	£28 (course)	Studio 2
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 JA Room		
FRIDAY	JUNIOR GYM*	16:00-16:45	9-11	Free	N/A	Gym Entrance
	SOFT PLAY*	16:00-17:00	2-8	Free	£7.50	Soft Play
	JUNIOR GYM*	16:45-17:30	11-13	Free	N/A	Gym Entrance
SATURDAY	BALLET	16:45-18:15	4+	Please call 020 8398 6140		
	SOFT PLAY*	09:00-10:30	2-8	Free	£10.00	Soft Play
	JUNIOR SQUASH - BEGINNERS	09:00-10:00	6-16	£78 (course)	£156 (course)	Squash Courts
SUNDAY	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 - INTERMEDIATE	10:00-11:15	6-16	£84 (course)	£168 (course)	Squash Courts
	JUNIOR SQUASH - ADVANCED	11:15-12:30	6-16	£84 (course)	£168 (course)	
	AIKIDO - MARTIAL ARTS	14:00-16:00	5-14	Contact details overleaf Studio 2		
SOFT PLAY*	09:00-10:30	2-8	Free	£10.00	Soft Play	
JUNIOR GYM*	14:00-15:00	9-13	Free	N/A	Gym Entrance	

Time Change

Change for Sep. '19

Change for Sep. '19

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

MONDAY

06:35-07:20	SUSPENSION CIRCUIT*	3
09:15-10:00	STREET-BOX*	1-3
09:30-10:15	GROUP CYCLE*	1-2
09:45-10:30	AQUA - MIX*	1-2
17:00-17:30	FUNCTIONAL TRAINING	3
17:30-18:15	GROUP CYCLE*	1-3

TUESDAY

09:15-10:00	ZUMBA*	1-2
09:20-09:50	GROUP CYCLE H.I.I.T.*	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*	1-3
12:35-13:20	PILATES*	2-3
17:00-17:30	FUNCTIONAL TRAINING	3

WEDNESDAY

06:35-07:20	BOXING CIRCUITS*	1-3
09:30-10:20	GROUP CYCLE 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
17:00-17:30	FUNCTIONAL TRAINING	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
11:35-12:30	PILATES*	1-2
12:15-13:00	SWIM FIT*	1-3
12:35-13:20	CARDIO STRENGTH & CORE*	1-3

FRIDAY

06:40-07:10	GROUP CYCLE H.I.I.T.*	3
09:30-10:20	GROUP CYCLE*	2-3
10:30-11:30	PILATES*	2-3
10:45-11:30	ZUMBA*	1-3
11:35-12:20	FITNESS PILATES*	1-3
11:35-12:45	GENTLE FLOW VINYASA YOGA*	1-2
12:35-13:20	BOXING CIRCUITS*	1-3

SATURDAY

08:35-09:15	STREET-BOX*	1-3
08:50-09:20	GYM CORE*	1-3
09:00-10:00	PILATES*	2-3
09:20-10:00	STREET-BOX*	1-3
09:30-10:15	GROUP CYCLE COACH BY COLOUR*	1-3
09:35-10:20	BOOTCAMP*	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
17:00-17:45	CIRCUITS*	1-3

Payable Courses Week-to-Week Sessions * Sessions that run during holidays

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

