

ADULT FITNESS CLASSES

Day	Time	Class	Trainer/Contact
Monday	7.30pm	Dance Impact	Sarah Tel: 07717 410601
	7.30pm	Dog Walking	Charlotte Tel: 07867 470608
Tuesday	5.30pm	Walking Football	Brian Tel: 07834 419891
	6.30pm	Dance	Megan Tel: 07527 442187
	6.30pm	Zumba	Gail Email: gabohhaythorne@talktalk.net
	8.00pm	Kent Kopters	David Tel: 07963 079857
Wednesday	6.30pm	Street Dance	Megan Tel: 07527 442187
Thursday	6.00pm	Taekwondo	Nigel Tel: 07789 692537
	6.30pm	Ladies Netball	Selena Tel: 07810 096736
Friday	6.00pm	Kent Kopters	David Tel: 07963 079857
Sunday	9.00am	Yoga	Tracey Tel: 07986 576118

All classes are booked direct with the Trainer

CHILDRENS CLUBS

Day	Time	Class	Trainer/Contact
Monday	5.00pm	Trampoline Club (age 5-16)	Tab Tel: 07812 916238
	6:00pm	D&D Football (age 4 - 9)	danddfootiefocus@live.co.uk
Tuesday	5.00pm	Kaigaishii Karate Beginners (age 4+)	Ellie Tel: 07912 212075
	6.00pm	Kaigaishii Karate Advanced	
	5.30pm	FC Academy (ages 5-12)	Ian Tel: 0800 088 6089
Wednesday	5.00pm	Gym Club (ages 3-16)	Tel: 07922 613076
Thursday	5.00pm	Trampoline Club (age 5-16)	Tab Tel: 07812 916238
Friday	5.00pm	Kaigaishii Karate Beginners (age 4+)	Ellie Tel: 07912 212075
	6.00pm	Kaigaishii Karate Advanced	
Saturday	9.00am	Gym Club (age 5-16)	Tel: 07922 613076
	10.00am	Trampoline Club (age 5-16)	Tab Tel: 07812 916238
	10.00am	Skills Academy (age 5-12)	info@skillsacademy ltd.com

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