

## ACTIVITY CENTRE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>SPINNING</b> (open session)		16:30-17:15 All levels welcome £3 with Sue		10:00-10:45 All levels £3  11:00-12:00 Over 55s with Sue			
<b>CIRCUIT TRAINING</b> (open session)	10:00-11:00 All Levels Welcome £3 Ade/Sue		10:00-11:00 All levels welcome £3 Ade/Sue		10:00-11:00 All levels welcome £3 Ade/Sue		
<b>FREE RUNNING</b> (open session)	17:00 -18:30 Under 16's Taught session £4 with Brendan				16:30-18:30  Over 14's Taught/Open Session £6 with Brendan	10:00-12:00 All Ages Open Session £6 Brendan/Steve	
<b>MULTI SPORTS</b> (open session)					14:30-16:00 Multisport Session Climbing/Archery/ Circuits/Badminton		
<b>JU JITSU CLUB</b>			Juniors 19:30-20:30		Juniors 19:30-20:30		
<b>KARATE CLUB</b>		18:30 - 20:00				10:00-11:30	
<b>STOKE FREESTYLE KICK BOXING CLUB</b>		17:45-18:30 Juniors (7-12) 19.00 -20.00 KickBoxercise 20.00 -21.00 KickBoxing (16+)		17:45-18:30 Juniors (7-12) 19.00 -20.00 KickBoxercise 20.00 -21.00 KickBoxing (16+)		10:00-11:30 Juniors (7-12)  11:30-1:00 Kick Boxing (16+)	
<b>TUMBLING TRAMPOLINERS CLUB</b>						12-4pm	4-8pm