

Xperience Timetable

Monday

15:00-17:00	Junior Gym - Activo Fitness Suite *	8yrs -15yrs
16:30-18:30	Swim School #	3yrs - 15yrs
16.15-16.45	Active Trampoline - Pre	3yrs - 4yrs
16:45-19.45	Active Trampoline - M	5yrs+
18:15-19:15	Primary Judo**	5yrs+
19:15-20:15	Advanced Judo**	5yrs+

Tuesday

15:00-17:00	Junior Gym - Activo Fitness Suite *	8yrs -15yrs
16:30-18:30	Swim School #	8yrs - 15yrs
16:00-16:45	Active Football	3yrs - 5yrs
17:00-18:00	Active Football	6yrs - 10yrs

Wednesday

11:00-13:00	Aquababes/Tots Swim School #	3Mnts– 3yrs
15:00-17:00	Junior Gym - Activo Fitness Suite *	8yrs -15yrs
16:30-18:30	Swim School #	3yrs - 15yrs
16:00-16:45	Active Gymnastics B	5yrs -15yrs
16:45-17:30	Active Gymnastics B	5yrs -15yrs
16:00-16:45	Active Trampoline B	5yrs+
16:45-17:45	Active Trampoline M	5yrs+

Thursday

15:00-17:00	Junior Gym - Activo Fitness Suite *	8yrs -15yrs
16:30-18:30	Swim School #	3yrs - 15yrs
16:00-16:30	Active Mini's Gymnastics	3yrs - 4yrs
16:30-17:15	Active Gymnastics B	5yrs -15yrs
17:15-18:00	Active Gymnastics I	5yrs -15yrs
18:00-18:45	Active Gymnastics A	5yrs -15yrs

Friday

15:00-17:00	Junior Gym - Activo Fitness Suite *	8yrs -15yrs
16:30-18:30	Swim School #	3yrs - 15yrs

Saturday

11:00-15:00	Junior Gym - Activo Fitness Suite *	8yrs -15yrs
08:30-09:00	Aquababes Swim School #	3Mnts– 3yrs
11:30-12:00	Aquababes Swim School #	3Mnts– 3yrs
08:30-12:00	Swim School #	3yrs - 15yrs
09:00-12:00	Active Trampoline M	5yrs+

Sunday

09.30-12.30	Active Trampoline M	5yrs+
11:00 -15:00	Junior Gym - Activo Fitness Suite *	8yrs -15yrs

#Swim School operated by STA qualified Instructors and held at Wellow House School, Eakring Rd, Wellow

*Fitness Suite is open at all other times if Supervised by a responsible adult

**Judo will include additional charges (membership to BJU etc..)

Trampolining and Gymnastics Ability Levels

Pre = Pre School

A = Advanced

B = Beginners

I = Intermediate

M = Mixed Ability