

Xperience Timetable

Monday

15.00-17.00	Junior Gym – Activo Fitness Suite *	8yrs - 15yrs
16.15-16.45	Active Pre-School Trampoline	3yrs - 4yrs
16.45-19.45	Active Trampoline	5yrs - 18yrs
18.15-19.15	Active Judo **	5yrs - 18yrs
19.15-20.15	Active Advanced Judo **	5yrs - 18yrs

Tuesday

15.00-17.00	Junior Gym - Activo Fitness Suite**	8yrs - 15yrs
16.30-17.15	Active Football	4yrs - 6yrs
16.45-17.45	Active Football	6yrs - 11yrs
18.15-19.15	Active Trampoline	5yrs - 18yrs

Wednesday

15.00-17.00	Junior Gym - Activo Fitness Suite**	8yrs - 15yrs
16.00-17.30	Active Gymnastics	5yrs - 15yrs
16.00-16.45	Active Trampoline	5yrs - 18yrs
16.45-17.45	Active Trampoline	5yrs - 18yrs

Thursday

15.00-17.00	Junior Gym - Activo Fitness Suite**	8yrs - 15yrs
16.00-16.30	Active Mini's Gymnastics	3yrs - 4yrs
16.00-18.45	Active Gymnastics	5yrs - 15yrs
16.30-18.00	Active Gymnastics Squad – Invite Only	4yrs - 8yrs
16.45-18.45	Active Gymnastics Squad – Invite Only	7yrs - 15yrs

Friday

15.00-17.00	Junior Gym - Activo Fitness Suite**	8yrs - 15yrs
16.00-16.45	Active Dance	3yrs - 5yrs
16.45-17.30	Active Dance	6yrs - 11yrs

Saturday

11.00-15.00	Junior Gym - Activo Fitness Suite**	8yrs - 15yrs
09.00-12.00	Active Trampoline	5yrs - 18yrs

Sunday

09.00-09.30	Active Pre-School Trampoline	3yrs - 4yrs
09.30-12.30	Active Trampoline	5yrs - 18yrs
11.00-15.00	Junior Gym - Activo Fitness Suite**	8yrs - 15yrs

Swimming lessons are held at Newark Sports and Fitness Centre and Southwell Leisure Centre

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

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