

January 2012 - February 2012 Kids Timetable

Day	Time	0-4yrs	Location	5-7yrs	Location	8-11yrs	Location	12-15yrs	Location	Adult Class available
Mon	9.00-1pm 4.00pm-5.15pm 5.15pm-6.15pm 5.15pm-6.15pm 6.15pm-7.15pm 6.30pm-7.00pm	Creche EE Creche Creche	Creche Creche Creche	Kids Club Quik Cricket Gymnastics Console vs Dancemat	Creche Streetzone Studio 2 E-Zone	Console vs dancemat Gymnastics Quik Cricket Swimming Technique	E-Zone Studio 2 Streetzone Pool	V-Extreme Swimming Tech	Fitness Arena Pool	Faas Class Faas Class, Spin, Pilates
Tues	9.00-1pm 4.00-5.30pm 5.30-6.30pm 6.30-7.30pm	Creche EE Creche Creche	Creche Creche Creche	Kids Club V-Ball Aikido	Creche Streetzone Streetzone	V-Ball Aikido	Streetzone Streetzone	V-Extreme	Fitness Arena	Functional Fitnes,Body balance V-Cycle, Step,Faas Class.
Wed	9.00-1pm 4.00-5.00pm 5.00-6.30pm 6.00-7.00pm	Creche EE Creche Creche	Creche Creche Creche	Console vs Dancemat V-Sports Aikido	E-Zone Streetzone Streetzone	V-Sports Aikido	Streetzone Streetzone	V-Extreme	Fitness Arena	Bootcamp Hoola, Step it up
Thurs	9.00-1pm 4.00-5.00pm 4.30-5.00pm 2-4yrs 5.00-6.00pm 5.00-6.00pm 6.00-7.00pm 6.00-7.30pm	Creche EE Creche JC Shooting Starz Creche	Creche Creche Streetzone Creche	Kids Club JC Shooting Starz Stomp the Yard! JC Football	Creche Studio 1 Streetzone	Stomp the Yard! JC Football	Studio 1 Streetzone	V-Extreme JC Football	Fitness Arena Streetzone	Spin, Crossfit Balance, Step,Cycle,faas Class
Fri	9.00-12.30pm 4.00-5.30pm 4.30-5.30pm 5.30-6.30pm 5.30-6.30pm 6.30-7.30pm	Creche EE Creche Ballet Babes(3-7yrs) £, Creche	Creche Studio 2 Creche	Kids Club - Ballet babes (3-7yrs) £ Hoola Streetfootball Dancemat vs Console	Creche Studio 2 Studio 2 Streetzone E-Zone	Hoola Streetfootball Dancemat vs Console	Studio 2 Streetzone Streetzone Streetzone Studio 2	V-Extreme	Fitness Arena	Zumba,Studio Cycle Body Pump, Tai Chi
Sat	9.00-10.00am 10.00-11.00am 11.00-12.00pm 4.00-4.45pm 4.45-5.30pm	Creche Creche Creche	Creche Creche Creche	V-Ball Console Crazieeee V-ICE (Intense Childrens Exercise) V-Stars £ JC Football £	Streetzone E-Zone Streetzone Studio 2 Streetzone	Console Crazieeee V-Ball V-ICE (Intense Childrens Exercise) JC Football £ V-Stars £	E-Zone Streetzone Streetzone Streetzone Studio 2	V-Extreme V-Extreme	Fitness Arena Fitness Arena	Step,Cycle,Bootcamp,LTB Body Pump
Sun	9.30-10.30am 10.30-11.30am 11.30-12.30pm	Creche Creche Creche	Creche Creche Creche	Bootcamp V-ICE (Intense Childrens Exercise) Dancemat vs Console	Streetzone Streetzone E-Zone	Bootcamp Dancemat vs Console V-ICE (Intense Childrens Exercise)	Streetzone E-zone Streetzone	V-Extreme V-ICE (Intense Childrens Exercise)	Fitness Arena Streetzone	Body Combat Circuits, Body Pump Cycling, Pilates

** Classes start Tuesday 3rd January- Sunday 12th February
13th - 16th Feb -Half Term, no evening creche or activities.
17th,18th,19th Creche and classes running as normal.

Please send your child in the appropriate clothing and footwear for all classes and inform the instructor of any allergies or health conditons at the beginning of EVERY class

Ballet Babes (3-7yrs) - £3.50 per session. Please pay at reception and give your receipt to the instructor at the start of each class.

JC Shooting Starz and JC Football - To book your child's place or for pricing information contact 07541847794

V-Starz-Brand New Dance Academy Comes to Virgin Active, Lichfield. A variety of dance styles will guarantee your child to learn the latest dance moves and keep them interested each week.
£3.50 per session. Please book and pay at reception and give your receipt to the instructor at the start of each class.