

Children's class timetable

Monday				
Kids games	16.15-16.55	Studio 1	5-11yrs	Lorena
Cheerleading	17.00-17.55	Studio 1	5-11yrs	Ruth
Teen gym	17.00-17.55	Gym	11-16 yrs	Lorena

Tuesday				
Kids boxercise	16.30-17.00	Gym	8-11yrs	Lorena
Teen boxercise	16.30-17.00	Gym	11-16yrs	Lorena
Teen gym	17.00-17.30	Gym	11-16 yrs	Lorena

Wednesday				
Kids games	16.00-16.55	Studio 1	5-11yrs	Lorena
Karate club*	17.00-18.00	Studio 1	4 yrs + Int/Adv	Glenn

Thursday				
Kids flex & abs	16.30-17.00	Gym	5-10yrs	Lorena
Teen gym	17.00-17.45	Gym	11-16 yrs	Lorena

Friday				
Karate club*	16.00-17.00	Studio 1	4 yrs + Beg	Glenn
Kids gymnastics	17.15-18.00	Studio 1	5-11yrs	Oliver
Street dance	18.00-18.45	Studio 1	5-11yrs	Ruth

Saturday				
Teen gym	11.30-12.15	Gym	11-16yrs	Jacinta

Description:

Boxercise kids and teens:

Pads and gloves on for a fun workout.

Cheerleading:

Physical activity based on organised routines

Karate club:

Traditional Japanese Shotokan Karate with Chief Instructor Glenn Riley.

Kids flex & abs:

This class is perfect for children who want to improve their flexibility and core strength.

Kids games:

Play games in the studio, entertaining cardio class, lots of fun, perfect after school!
Speed games, agility games, team games...

Kids gymnastics:

This session will focus on floor gymnastics. Oliver Kneen has nearly 20 years experience. Flexibility, skills, conditioning for gymnastics.

Street dance:

Learn some of the hottest dance moves!

Teen gym:

Appropriate exercise programme for teens, fully supervised.

More information about...

*Karate Club:

A Karate Club teaching traditional Japanese Shotokan Karate. Chief Instructor Glenn Riley 5th Dan, has over 25 years experience. Sensei Riley has trained and graded under the most senior Japanese Karate Instructor in the world. Karate is ideal for mental and physical fitness, flexibility, self discipline and confidence building.

Beginners: white belt to red belt

Intermediate/Adv: yellow belt onwards

Members fee per lesson: £3.50

Non members fee per lesson: £5.00

Book your lesson at Cookridge Hall main reception or call on 0113 203 0000.



Call us on 0113 203 0000,
alternatively book your classes at Reception
Last updated: 01/08/2016

Please note parents/guardians are asked to drop children and pick them up from the studio/gym.
Parents/guardians must remain on site at all times.

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