

# Junior Activities Timetable

## Kids Programme

Accurate as of 03/07/2025

Times for Monday 18 January			
Time	Session	Facility	Type
09:00 - 09:30	Adult & Baby	Mountbatten	Family Swim
10:30 - 11:00	Adult & Baby	Littledown	Family Swim
11:00 - 11:45	Mini Gym	Littledown	Family Classes
12:00 - 12:45	Mini Gym	Littledown	Family Classes
13:00 - 13:45	Mini Gym	Littledown	Family Classes
14:00 - 14:30	Adult & Baby	Littledown	Family Swim
16:00 - 16:30	813 Cardio	Littledown	813