

Junior Activities Timetable

Kids Programme

Accurate as of 18/05/2024

Times for Wednesday 24 April



Time	Session	Facility	Type
09:00 - 09:30	Adult & Baby	Mountbatten	Family Swim
09:30 - 10:30	Adult & Under 5s	Littledown	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
16:00 - 16:30	813 Cardio	Littledown	813
16:30 - 17:00	813 Cardio	Littledown	813
16:30 - 17:15	Teen Gym	Mountbatten	Junior Classes
16:45 - 17:30	Family Spin	Mountbatten	Family Classes