

Weekly Classes & Activities

	Class / Activity	Start Time
Monday	Dance Club	18:00pm - 20:00pm
Tuesday	Justin Tyrell football coaching academy	16:45pm - 19:45pm
	Circuit Boxing - Keep fit with Rick	18:00pm - 19:00pm
	Zumba	19:00pm - 20:00pm
	Salsa Classes	20:00pm - 21:00pm
Wednesday	Zumba	19:30pm - 20:30pm
Thursday	Circuit Boxing - Keep fit with Rick	18:00pm - 19:00pm
	Bowka /Zumba with Mel	19:00pm - 20:30pm
Friday	Street Dance club with Jess	18:00pm - 20:00pm
Saturday	Mini Movers	9:30am - 11:30am
	Epic Dance	9:00am - 11:00am
	Sakiado Martial Arts Class	11:00am - 13:00pm
Sunday	Satori Mix Martial Arts Class	10:00am - 11:00am
	GKR Karate	12:00am - 12:00pm
	Street Dance club with Jess	13:00pm - 15:00pm

For more info and prices of each session, please contact us by phone or pop in and say hello. Booking isn't always nessecary however we do advise it, to secure your space in popular classes.