

Monday

16.00 - 18.00	8 -15yrs	Junior Gym
16.00 - 16.45	2 -3yrs	Mini Dribblers
16.45 - 17.30	4 -6yrs	Mini Dribblers
18.00 - 18.45	12+ yrs	Indoor Cycling*
18.45 - 19.30	12+ yrs	Body Conditioning*
19.45 - 20.30	12+ yrs	Indoor Cycling*
19.45 - 20.30	12+ yrs	Fitball*

Tuesday

16.00 - 18.00	8 -15yrs	Junior Gym
18.00 - 18.45	12+ yrs	Legs, Bums & Tums*
18.15 - 19.00	12+ yrs	Indoor Cycling*
18.45 - 19.30	12+ yrs	Yogalates*

Wednesday

16.00 - 18.00	8 -15yrs	Junior Gym
16.15 - 17.00	2 - 3yrs	Mini Movers
17.00 - 17.45	4 - 6yrs	Mini Movers
18.15 - 18.45	12+ yrs	Indoor Cycling*
18.00 - 18.45	12+ yrs	Abs Blast*
19.00 - 19.45	12+ yrs	Indoor Cycling*

Thursday

16.00 - 18.00	8 -15yrs	Junior Gym
18.00 - 18.45	12+ yrs	Indoor Cycling*
18.45 - 19.30	12+ yrs	Legs, Bums & Tums*

Friday

16.00 - 18.00	8 -15yrs	Junior Gym
17.30 - 18.30	3 - 5yrs	Beginners Judo
18.00 - 19.30	5 - 12yrs	Beginners Judo
19.30 - 21.00	12yrs+	Judo

Saturday

10.00 - 16.00	8 -15yrs	Junior Gym
09.00 - 09.45	12+ yrs	Indoor Cycling*
11.15 - 12.00	12+ yrs	Zumba*

Saturday

10.00 - 16.00	8 -15yrs	Junior Gym
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* Children aged between 12-15yrs must be accompanied by a responsible adult in all class

Descriptions

Mini Movers

A fun and exciting dance and gymnastics based class consisting of games and challenges that help youngsters improve balance, co-ordination and agility. This class is focused on teaching fundamental skills which appear in a variety of sports and activities.

Mini Dribblers

Mini Dribblers is a football coaching sessions aimed at the budding "Rooney's & Walcott"

Junior Gym

Children aged 8 - 15yrs can attend junior gym sessions without an adult . However they must be accompanied by an adult aged 18+ outside of the times stated. All junior gym sessions are supervised by a qualified instructor.

Please Note

All children must have parent or guardian during with them for all classes.

This is a continuous timetable and is subject to change. Please update your timetable regularly

Indoor Cycling

All customers must be 12yrs+ and must be taller than 5ft 2inch to attend (for health & safety reasons).

BLIDWORTH COMMUNITY LEISURE CENTRE

Belle Vue Lane

Blidworth NG21 0RD

Tel : 01623 466266

Email : blidworth@nsdc.info

OPENING HOURS

Monday-Thursday	06.30 - 22.00
Friday	06.30 - 21.00
Saturday	08.00 - 18.00
Sunday	08.00 - 20.00