

# ESPORTA KIDS ACTIVITIES TIMETABLE



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>AGE GROUP:</b>	0 - 4 yrs	0 - 4 yrs	0 - 4 yrs	0 - 4 yrs	0 - 4 yrs	0 - 4 yrs	0 - 4 yrs
<b>TIME:</b>	09.00 - 12.00	09.00 - 12.00	09.00 - 12.00	09.00 - 12.00	09.00 - 12.00	09.15 - 10.15	09.15 - 10.15
<b>ACTIVITY:</b>	Crèche	Crèche	Crèche	Crèche	Crèche	Crèche	Crèche
<b>LOCATION:</b>	Crèche	Crèche	Crèche	Crèche	Crèche	Crèche	Crèche
<b>TYPE:</b>	From £3.50	From £3.50	From £3.50	From £3.50	From £3.50	FREE	FREE
<b>AGE GROUP:</b>	0 - 4 yrs	0 - 4 yrs	0 - 4 yrs	0 - 4 yrs	0 - 4 yrs	5 - 7 yrs	5 - 7 yrs
<b>TIME:</b>	17.00 - 18.00	16.00 - 17.00	16.00 - 17.00	16.00 - 17.00	17.00 - 18.00	09.15 - 10.15	09.15 - 10.15
<b>ACTIVITY:</b>	Crèche	Crèche	Crèche	Mini Fundamentals	Crèche	Esporta Active	Top Chef
<b>LOCATION:</b>	Crèche	Crèche	Crèche	Streetzone	Crèche	Streetzone	Bar
<b>TYPE:</b>	FREE	FREE	FREE	£42 (12 wk course)	FREE	FREE	FREE
<b>AGE GROUP:</b>	5 - 7 yrs	5 - 7 yrs	5 - 7 yrs	0 - 4 yrs	5 - 7 yrs	0 - 4 yrs	0 - 4 yrs
<b>TIME:</b>	17.00 - 18.00	16.00 - 17.00	16.00 - 17.00	17.00 - 18.00	17.00 - 18.00	10.15 - 11.15	10.15 - 11.15
<b>ACTIVITY:</b>	Dancemat Mania	Mini Artists	Soccer School	Crèche	Esporta Active	Crèche	Crèche
<b>LOCATION:</b>	E-Zone	E-Zone	Streetzone	Crèche	Streetzone	Crèche	Crèche
<b>TYPE:</b>	FREE	FREE	£42 (12 wk course)	FREE	FREE	FREE	FREE
<b>AGE GROUP:</b>	0 - 4 yrs	0 - 4 yrs	0 - 4 yrs	5 - 7 yrs	5 - 11 yrs (parent & child)	5 - 7 yrs	5 - 7 yrs
<b>TIME:</b>	18.00 - 19.00	17.00 - 18.00	17.00 - 18.00	17.00 - 18.00	17.00 - 17.45	10.15 - 11.15	10.15 - 11.15
<b>ACTIVITY:</b>	Crèche	Crèche	Crèche	Street Dance	Combat	SAQ Kids	Console Mania
<b>LOCATION:</b>	Crèche	Crèche	Crèche	Studio 1	Studio 2	Streetzone	E-Zone
<b>TYPE:</b>	FREE	FREE	FREE	FREE	FREE	FREE	FREE
<b>AGE GROUP:</b>	5 - 7 yrs	5 - 7 yrs	5 - 7 yrs		0 - 4 yrs	0 - 4 yrs	0 - 4 yrs
<b>TIME:</b>	18.00 - 19.00	17.00 - 18.00	17.00 - 18.00		18.00 - 19.00	11.15 - 12.15	11.15 - 12.15
<b>ACTIVITY:</b>	Theatre School	Console Mania	Esporta Active		Crèche	Crèche	Crèche
<b>LOCATION:</b>	E-Zone	E-Zone	Studio 1		Crèche	Crèche	Crèche
<b>TYPE:</b>	£42 (12 wk course)	FREE	FREE		FREE	FREE	FREE
<b>AGE GROUP:</b>			5 - 11 yrs (parent & child)		5 - 7 yrs	5 - 7 yrs	5 - 7 yrs
<b>TIME:</b>			17.00 - 18.00		18.00 - 19.00	11.15 - 12.15	11.15 - 12.15
<b>ACTIVITY:</b>			Hoola Hoop		SAQ Kids	Mini Artists	SAQ Kids
<b>LOCATION:</b>			Studio 2		Streetzone	Bar	Streetzone
<b>TYPE:</b>			FREE		FREE	FREE	FREE

for 0-7 year olds

# ESPORTA EXTREME ACTIVITIES TIMETABLE



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>AGE GROUP:</b>	8 - 11 yrs	8 - 11 yrs	8 - 11 yrs	8 - 11 yrs	8 - 11 yrs	8 - 11 yrs	8 - 11 yrs
<b>TIME:</b>	17.00 - 18.00	16.00 - 17.00	16.00 - 17.00	17.00 - 18.00	17.00 - 18.00	09.15 - 10.15	09.15 - 10.15
<b>ACTIVITY:</b>	SAQ Extreme	Active Extreme	Dancemat Extreme	Theatre School	Active Extreme	Extreme Art	Extreme Boxercise
<b>LOCATION:</b>	Studio 2	Streetzone	E-Zone	Studio 2	Studio 2	Bar	Streetzone
<b>TYPE:</b>	FREE	FREE	FREE	£42 (12 wk course)	FREE	FREE	FREE
<b>AGE GROUP:</b>	12 - 15 yrs	12 - 15 yrs	12 - 15 yrs	12 - 15 yrs	12 - 15 yrs	12 - 15 yrs	12 - 15 yrs
<b>TIME:</b>	17.00 - 18.00	16.00 - 17.00	16.00 - 17.00	17.00 - 18.00	17.00 - 18.00	09.15 - 10.15	09.15 - 10.15
<b>ACTIVITY:</b>	Street Dance	Gym Extreme	SAQ Extreme	Dancemat Extreme	Console Extreme	Dancemat Extreme	Theatre School
<b>LOCATION:</b>	Streetzone	Fitness Arena	Studio 1	E-Zone	E-Zone	E-Zone	E-Zone
<b>TYPE:</b>	FREE	FREE	FREE	FREE	FREE	FREE	£42 (12 wk course)
<b>AGE GROUP:</b>	8 - 11 yrs	8 - 11 yrs	8 - 11 yrs		5 - 11 yrs (parent & child)	8 - 11 yrs	8 - 11 yrs
<b>TIME:</b>	18.00 - 19.00	17.00 - 18.00	17.00 - 18.00		17.00 - 17.45	10.15 - 11.15	10.15 - 11.15
<b>ACTIVITY:</b>	Street Dance	SAQ Extreme	Soccer School		Combat	Dancemat Extreme	Extreme Chef
<b>LOCATION:</b>	Streetzone	Studio 2	Streetzone		Studio 2	E-Zone	Bar
<b>TYPE:</b>	FREE	FREE	£42 (12 wk course)		FREE	FREE	FREE
<b>AGE GROUP:</b>	12 - 15 yrs	12 - 15 yrs	12 - 15 yrs		8 - 11 yrs	12 - 15 yrs	12 - 15 yrs
<b>TIME:</b>	18.00 - 19.00	17.00 - 18.00	17.00 - 18.00		18.00 - 19.00	10.15 - 11.15	10.15 - 11.15
<b>ACTIVITY:</b>	Extreme Revolution	Extreme Boxercise	Console Extreme		Console Extreme	Gym Extreme	Extreme Revolution
<b>LOCATION:</b>	Fitness Arena	Studio 1	E-Zone		E-Zone	Fitness Arena	Fitness Arena
<b>TYPE:</b>	FREE	FREE	FREE		FREE	FREE	FREE
<b>AGE GROUP:</b>			5 - 11 yrs (parent & child)		12 - 15 yrs	8 - 11 yrs	8 - 11 yrs
<b>TIME:</b>			17.00 - 18.00		18.00 - 19.00	11.15 - 12.15	11.15 - 12.15
<b>ACTIVITY:</b>			Hoola Hoop		Extreme Revolution	SAQ Extreme	Dancemat Extreme
<b>LOCATION:</b>			Studio 2		Fitness Arena	Streetzone	E-Zone
<b>TYPE:</b>			FREE		FREE	FREE	FREE
<b>AGE GROUP:</b>						12 - 15 yrs	12 - 15 yrs
<b>TIME:</b>						11.15 - 12.15	11.15 - 12.15
<b>ACTIVITY:</b>						Extreme Revolution	Gym Extreme
<b>LOCATION:</b>						Fitness Arena	Fitness Arena
<b>TYPE:</b>						FREE	FREE

for 8-15 year olds