

	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend	
Morning Classes	Aqua Fit 11.15am-12pm Ages: 16+ £5 / M: £4		Aqua Care (gentle) 11.15am-12pm Ages: 16+ £4 / M: £3.20	Box Fit 10-11am £3 / M: £2.40	<i>This space is free!</i> Do you have a group of friends or a small business wanting to hire our facilities? Contact Lee: sdo@stocksbridgeclc.co.uk And you could have an entire space just for you!	<p>Looking for a venue for a child's party?</p> <p>Look no further we have a wide range of activities including:</p> <ul style="list-style-type: none"> -Football -Swimming -Big Pool -Small Pool -Water Zorbs -Inflatable -Bouncy Castle -Fun Games <p>To book a party email EMMA:</p> <p>group.bookings@stocksbridgeclc.co.uk</p>	
	Chair Aerobics 12-1pm £3 / M: £2.40		Live Well Circuit 10.30-11am £2	Walking Football 1-2pm £2 Ages: 50+			
GP referral scheme 10am-12pm, Wednesday's (12 week blocks) – Apply at your local GP TODAY							
Day-time and after-school Classes	Community Action Group 3.30-4.30pm Ages: 13+ FREE – Discuss what activities YOU want.	Teen Gym & Squash 3.30-4.30pm Ages: 13-16 £3 or £5/ week for all	Teen Tennis & Badminton 3.30-4.30pm Ages: 13-16 £3 or £5/week for all	Girls Teen Gym 3.30-4.30pm Ages: 13-16 £3 or £5/week for all	Friday Night Youth Night 3.30-6.30pm Gym, football, swimming & multi-games Ages: 13-16 £3 – WOW!		
	<i>Attend 5 teen sessions get a free t-shirt!</i>			<i>Attend 10 teen sessions get a free hoody!</i>			
	Y4,5,6 Badminton 4.30-5.00 Fun Football 5-5.30	Y4,5,6 Tennis 4.30-5.00	Y4,5,6 Archery 4.30-5.00	Park Lives multi-games 4.00-5.00pm ALL AGES FREE!			
	All Y4,5,6 Activities £2/ person per session OR £6 for ALL SESSIONS						
Evening Classes	Aqua Deep 7.30-8.15pm Ages: 16+ £5 / M: £4	Box Fit 7-8pm Ages: 16+ £5 / M: £4	Pilates 6.30-7.15pm Ages: 16+ £5 / M: £4	Pilates – New day 6.00-6.45pm Ages: 16+ £5 / M: £4	<i>This space is free!</i> Do you have a group of friends or a small business wanting to hire our facilities? Contact Lee: sdo@stocksbridgeclc.co.uk And you could have an entire space just for you!		
		Spin 7.30-8.15pm Ages: 16+ £5 / M: £4	Aqua Fit 7.30-8.15pm Ages: 16+ £5 / M: £4	Street Games – 5-A-Side Football 5-6pm Ages: 16+ £2			
			Squash League 7-8.30pm Ages: 16+ £4 / M: £3.20				

M= Member (Your Gym or Your Leisure) For information on any of the activities contact Lee on 0114 288 3792 (Timetable, revised 1st June 2018)

Children Activities
 Adult Sports Activities
 Adult Fitness Activities
 Aqua based fitness

External Activity Timetable

	Monday	Tuesday	Wednesday	Thursday	Saturday	Sunday
Morning Classes			Pilates 9-9.45pm 1StepFitness	Buggy Camp 9.15-10am 1StepFitness	Legs, Bums & Tums 9-9.45am 1StepFitness	Boot Camp 9-9.45am 1StepFitness
	Yoga 10-11am Dyane	Racketball 10.30am-12.00pm U3A	Wiggle tots 9.30-10.30am Dawn		BlockFit 10-10.45am 1StepFitness	
	<p style="text-align: center;">No external activities taking place at this time.</p> <p style="text-align: center;">Don't worry - take a look at our Activity Timetable to see what else we have on offer!</p>			Badminton 11.30am-2pm Badminton, table-tennis & squash Young At Heart		Martial Arts 11am -12pm Makenki Karate
				Trampoline 2-5pm Flying Foxes		
Evening Classes	Tang Soo Do 6-7.30pm Tang Soo Do	Trampoline 4-6pm Flying Foxes			Yoga 6-7pm Dyane	<i>Centre closes at 6pm</i>
	BlockFit 6.30-7.15pm 1StepFitness	Karate 5-7pm Makenki Karate	Boot Camp 6.30-7.15pm 1StepFitness	Jiujutsu 7-9pm Stocksbridge Mixed	Full Body Blast 6.30-7.15pm 1StepFitness	
	Boot Camp 7.30-8.15pm 1StepFitness	Badminton 7-8.30pm Vixen	Box Fit 7.30-8.15pm 1StepFitness	Trampoline 6.30-7.30pm Flying Foxes	Pilates 7.30-8.15pm 1StepFitness	
<p>Lauren McCaslin School Of Dance - Monday, Tuesday, Thursday & Friday: 3.30 – 9.00pm and Saturday: 9.00am – 5.00pm</p> <p>To book a free taster session on any 1StepFitness class, call or email Lee on: 07507846224 – info@1stepfitness.co.uk</p>						

These activities are run by external groups that hire our facilities. For more information on any of the activities above visit our centre and pick up a flyer.

If you would like to hire our facility call Lee on 0114 288 3792 or email: group.bookings@stocksbridgeclc.co.uk