



# Junior Fitness Classes

## SUMMER 2020 SCHEDULE

Monday*		
Kore Kids	5-8 years	10.30am
Kids Fit & Sports Skills	9-12 years	11.00am
Kore Kids	5-8 years	11.45am
Junior Speed and Agility	13-16 years	12.15pm
Junior Football Skills	8-13 years	2.00pm
Tuesday		
Kore Kids	5-8 years	1.45pm
Kids Fit & Sports Skills	9-12 years	2.30pm
Junior Speed and Agility	13-16 years	3.30pm
Junior Football Skills	8-13 years	4.45pm
Wednesday		
Kore Kids	5-8 years	10.30am
Kids Fit & Sports Skills	9-12 years	11.00am
Kore Kids	5-8 years	11.45am
Junior Speed and Agility	13-16 years	12.15pm
Thursday		
Junior Football Skills	8-13 years	1.00pm
Kore Kids	5-8 years	1.45pm
Kids Fit & Sports Skills	9-12 years	2.30pm
Junior Speed and Agility	13-16 years	3.30pm
Junior HIIT and Core	13-16 years	4.30pm
Saturday		
Family Bootcamp	8 years+	12.00pm
Sunday		
Family Bootcamp	8 years +	12.00pm

Our Junior Fitness summer schedule runs until Sunday 6<sup>th</sup> September. Pre-booking for all classes is required.

\*Please note no junior classes will be running on Bank Holidays.