

# JUNIOR TIMETABLE

## January - March 2025

All classes bookable 1 week in advance

CLASS	TIME & LOCATION	AGE
<b>MONDAY</b> Indoor Cycling* Kids Multi Skills Junior Multi Skills Indoor Cycling* Indoor Cycling*	9:15am - 10:00am 4:00pm - 4:30pm 4:45pm - 5:30pm 5:15pm - 6:00pm 7:00pm - 7:45pm	3 SH SH 3 3 8+ 4-6 7+ 8+ 8+
<b>TUESDAY</b> Kids Yoga & Mindfulness** Football Kids Yoga & Mindfulness** Junior Squash Indoor Cycling*	3:45pm - 4:15pm 4:00pm - 5:00pm 4:15pm - 4:50pm 5:00pm - 6:00pm 5:15pm - 6:00pm	2 SH 2 SQ 3 4-7 4+ 7+ 8+ 8+
<b>WEDNESDAY</b> Kids Tennis Junior Tennis Indoor Cycling*	4:30pm - 5:15pm 5:15pm - 6:00pm 5:15pm - 6:00pm	SH SH 3 4-7 8+ 8+
<b>THURSDAY</b> Salsacise Family Karate Sindoor Cycling*	10:00am - 10:45am 5:00pm - 6:00pm 5:15pm - 6:00pm	SH SH 3 8+4+ 8+
<b>FRIDAY</b> Indoor Cycling* Salsacise Beg. Gymnastics Inter. Gymnastics Power Family	9:15am - 10:00am 9:45am - 10:30am 4:00pm - 4:45pm 5:00pm - 5:45pm 5:15pm - 6:00pm	3 1 SH SH 1 8+ 4+ 4+ 8+ 8+
<b>SATURDAY</b> Kids Football Beg. Gymnastics Indoor Cycling* Junior Football Inter. Gymnastics Indoor Cycling*	9:00am - 9:45am 9:00am - 9:45am 9:15am - 10:00am 10:00am - 10:45am 10:00am - 10:45am 3:45pm - 4:30pm	SH 2 3 SH 2 3 4+ 4+ 8+ 8+ 8+ 8+
<b>SUNDAY</b> Basketball Family Karate	9:15am - 10:00am 10:30am - 11:30pm	SH 1 5-12 4+



Scan this QR code for additional junior activities including laser tag, archery tag, body zorbing, fencing, balance bikes, climbing wall, bike and boat hire, additional gymnastics and multi sports sessions plus many more.

Subject to availability.



## JUNIOR CLASS DESCRIPTIONS

### FAMILY KARATE

A non-contact martial art in which the participants specialise in kicking, punching, striking, blocking and other defensive movements. This class caters for all the family, from beginners to advanced.

### FOOTBALL

Friendly structured sessions for 4 - 10 year olds.

### INDOOR CYCLING

Both fun and effective group cycling classes. Classes are designed to give young people 8 years+ a complete body workout building confidence and self esteem. Technique classes are essential prior to class to check height and leg length for suitability on our adult bikes.

### BASKETBALL

A fast paced team sport, learn to shoot, pass and dribble while developing your child's hand eye co-ordination and team work skills.

### MULTI-SKILLS

Learn a variety of skills to help develop your sporting ability. A fun class for all abilities incorporating both team and individual sports.

### YOGA

Resilience and mindfulness class for children. We spark the imagination and creativity in children while incorporating recognised Yoga postures, meditations, breathing exercises and activities which encourage confidence, strength, balance and flexibility.

### GYMNASTICS

A unique mix of dance, art and sport, that combines elements of ballet, acrobatics, using specific hand apparatus such as ropes, hoops, balls, clubs and ribbons. The movement possibilities are endless when the child uses their imagination and creativity.

### POWER FAMILY

Equipment based functional class, using assault bikes, rowers, ski ergs, sled push, tyre flips, plyo boxes and functional equipment such as skipping, slam balls, battle ropes, wall balls and much more.

## HEALTH & SAFETY

- Please can a responsible adult drop and collect children from all junior classes.
- Please ensure children have visited toilet facilities before attending a class.
- Please advise your instructor of any medical conditions prior to class.
- Participants are not permitted to leave classes early, if you do need to leave early please speak to the instructor.
- Participants will not be permitted to enter classes once they have commenced.
- Appropriate clothing and footwear must be worn whilst attending classes.
- Loose dangling sports wear in not permitted whilst spinning.
- Water required in all classes

\*Technique class required prior to first session. \*\*Siblings can attend either/both. Parents leaving children under 12 are required to stay within the Health Club.

# Call 01772 682 000

Download your timetable:

[www.ribbyhall.co.uk/about-our-health-club/fitness-classes](http://www.ribbyhall.co.uk/about-our-health-club/fitness-classes)

All information correct at time of print but may be subject to change.