

Junior Park Fitness Timetable

DAY	TIME	ACTIVITY
Monday	4-5.30pm 5-5.30pm	Junior Gym Junior Sports Drills
Tuesday	4-5.30pm	Junior Gym
Wednesday	4.30-5pm 4-5.30pm*	Junior Spin Junior Gym*
Thursday	4-5.30pm	Junior Gym
Friday	4-5.30pm* 5-5.45pm	Junior Gym* Junior Zumba
Saturday	12-1pm* 4-6pm*	Junior Gym* Junior Gym*
Sunday	4-6pm*	Junior Gym

***Available if Junior Member is supervised by parent/guardian with a valid park fitness/ride membership**