

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9AM - 10AM		Vinyassa Flow		Mobility class		Vinyassa Flow	
10AM - 11AM	HQ Fit 15 yrs +	All Levels		All Levels	Stay and play under 6 yrs	All levels	
11AM - 12PM		Martial arts Home Ed Class 5-15yrs					
12PM - 1PM							
1PM - 2PM				HQ Jujitsu			
2PM - 3PM							
3PM - 4PM							
4PM - 5PM	Mindfulness KS1	Tang Soo Do 5-7yrs yrs	Sport Karate 5-7 yrs	Tricking 5-7yrs			
5PM - 6PM	Mindfulness KS2	Tang Soo Do 8-15 yrs	Boxing 7 - 15 yrs	Sport Karate 8-15 yrs	Tricking 8-15 yrs		
6PM - 7PM	Vinyasa Flow All Levels		HQ Fit 15 yrs +	Sport Karate Adults	Tricking Adults		
7PM - 8PM	Tang Soo Do Adults		Hatha Yoga All Levels				