

JUNIOR ACTIVITIES

- Energy Studio
- Wellness Studio
- Gym Floor

	Monday	Tuesday	Wednesday	Thursday	Friday
16:00	DanceJam 5-8 yrs 35mins		BoxFit 12-15 yrs 30mins		
			Yoga 5-8 yrs 35mins		Yoga 5-8 yrs 35mins
					Mix-Up and Move 9-11 yrs 30mins
16:40	DanceJam 9-11 yrs 35mins	DanceJam 5-8 yrs 35mins			
			Yoga 12-15 yrs 35mins		Yoga 9-11 yrs 35mins
			Teen Conditioning 12-15 yrs 30 mins		