

From January  
2012

# CLASSES & CLUBS

## Monday

### Cheerleading

6.00-6.45pm 4-8yrs 6.30-8.00pm 9-12yrs

### Gracie Barra

7.30-9.00pm 16+only at coaches discretion

### Ju-jitsu

6.00-7.00pm beginners 5-15yrs 7.00-8.00pm advanced 8.15-9.45pm 16+

### Newtownabbey Amateur Swimming Club

6-7.30pm (level 7 or above) under 18yrs

Zumba 6.45-7.30pm

Yogabellies Pre-Natal Yoga 7.30-8.45pm

## Tuesday

**50+ Club** 10.00-12noon

**Tea Dance** 1.30-4.00pm

**After School Zumba** 4.30-5.15pm (16 and under)

### Club Gymnasia

4.30-5.30pm + 5.30-6.30pm beginners 6.30-7.30pm seniors 7.30-9.00pm advanced

### Table Tennis Coaching Club

6.00-7.00pm juniors 7.00-9.30pm seniors

**Taekwondo (Olympic)** 6.00-6.45pm 7-12yrs 6.45-8.15pm 13yrs+

**Netball Club** 7.30-9.00pm 11-16yrs

**Weight Watchers** 5.30-6.30pm & 6.30-7.30pm

**Aquafit** 8-9pm

**Gracie Barra** 7.30-9.00pm 16+only at coaches discretion

**Panthers Wrestling Club** 8.30-9.15pm 7yrs – Adult

## Wednesday

**Zumba** 9.15-10am

### Wildcats Multi Sports Club

4.00-5.15pm 5-11yrs

**Cheerleading** 6.30-9.30pm 13yrs+

**Newtownabbey Racers** 7.00-8.00pm (Special Olympics Club)\*

### Bodyshots Kickboxing

6.30-7.30pm 7-12yrs 7.30-9.00pm 13+

### Sentou Ryu

6.00-8.15pm 16+ only

Updated 13/01/2012



## Thursday

**50+ Aqua Aerobics** 12-1pm

**Football Skills Centre** 6-11yrs 4-5pm

### Club Gymnasia

4.30-5.30pm + 5.30-6.30pm beginners 6.30-7.30pm seniors 7.30-9.00pm advanced

**Ju-jitsu** 6.00-7.00pm beginners 5-15yrs 7.00-8.00pm advanced 8.15-9.45pm 16yrs+

**Zumba** 6.30-7.15pm (adult) numbers limited

**Netball Club** 7.30-9.00pm 16yrs+

**Gracie Barra** 6.45-8.15pm 16+ only at coaches discretion

**Krav-Maga** 8.15-9.45pm (from 2/2/12)

**First Kicks Girls Football** 6.30-7.30pm 6-11yrs

### Newtownabbey Amateur Swimming Club

6-7.30pm (level 7 or above) under 18yrs

**Badminton Coaching** 6.45-8.15 10-15 yrs

## Friday

### Dance and Drama\*

3.30-4.30pm 4-7yrs 4.30-5.30pm 7-9yrs 5.30-7pm 14-18yrs

### Bodyshots Kickboxing

7.00-8.30pm 13yrs+

**Sentou Ryu** 5.15-7.30pm 16+only

### Judo Club

6.45-7.30pm beginners 5-12yrs 7.45-8.30pm juniors 9-15yrs 8.30-9.30pm seniors 16+

## Saturday

**Valley Dance Company** \* 10.00-5.00pm 5-18yrs

**Football Skills Centre** 6-11 yrs 9.30-10.30am (starts 14/1/12)

**Bodyshots Gym Kickboxing** 10.30-12noon 7-12yrs

**Taekwondo (Olympic)** 10.00-10.45am 7-12yrs

**Inline Hockey** 1.00-2.00pm beginners 2.00-3.30pm juniors 12-16yrs

3.30-5.30pm over 16yrs

**Gracie Barra** 2.15-3.45pm 16+only at coaches discretion

**Ju-jitsu** 11.15-12.45pm 5-14yrs

## Toddlers and Babies

## Monday

**Aquatots**\* 3mths – 4 yrs

## Wednesday

**Mother & Toddler Group at Playzone** 10-11am 0-4yrs

## Friday

**Yogabellies**\* Baby massage 11-11.45am (from 3/2/12)

## Saturday

**Toddler Soccer** 12-12.45pm 2½-5yrs

\* To be Pre booked  
Contact Reception on  
02890 861211  
for further information