

Activities

Kirkstall

Leisure Centre

Monday

- 09.30-11.55 Gyminis Course (Walking to 5 years)
- 13.55-14.50 Gymikins Course (Age 3-5yrs)
- 16.00-17.00 Striker 9 Course (Football Skills age 7+)
- 18.45 Kirkstall Harriers Running Club
- 18.30-20.00 Fencing Course (Beginners course)
- 20.00-21.00 Fencing Club (Intermediate & Advanced)

Tuesday

- 09.15-10.45 Yoga
 - 14.00-15.00 Active Life – Exercise class
 - 15.15-16.15 Yoga
 - 19.00-20.30 Aikido (5 years +)
 - 20.30-22.00 Aikido (Adult)
- * AIKIDO- Movement to avoid attack to restrain the assailant through the development of physique and technique

Wednesday

- 09.30-11.05 Gyminis Course (Walking to 5 years)
- 13.15-14.50 Gymikins Course (Age 3-5yrs)
- 16.00-18.00 Watch it (Weight management for children)
- 18.45 Kirkstall Harriers Running Club
- 20.30-22.00 Yoga

Thursday

- 10.00-12.15 Active Life
- 09.30-11.55 Gyminis Course (Walking to 5years)
- 13.15-14.50 Gymikins Course (Age 3-5yrs)
- 15.45-17.00 Junior Dance (beginner's theatre/tap/ballet)
- 16.30-18.30 Competition Gymnastics (by invitation)
- 20.15-21.45 Yoga

Friday

- 09.30-11.55 Gyminis Course (Walking to 5 years)
- 13.15-14.50 Gymikins Course (Age 3-5yrs)
- 14.00-15.45 Aqua Natal (Exercise for pregnant women)
- 16.00-17.0 Striker 9 Course (Football Skills age 5-7)
- 19.30-21.0 Tang Soo Do – Martial arts (6 years+)

Saturday

- 08.45-09.30 Gymnastics Boys/Girls (Reception/yr1)
- 09.30-10.30 Gymnasticg Girls (yrs 2 & 3)
- 10.30-11.30 Gymnastics Girls (yr 4+)
- 09.00-10.00 Aikido (5-8 years)
- 10.00-11.30 Aikido (9-14yrs)
- 11.30-13.00 Aikido (adult)