

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>PARENT X BABY POOL PLAY</b> 12:30-13:15 3 months to crawling POOL	<b>PARENT X BABY MASSAGE</b> 13:00-13:50 3 months to crawling BREATHE	<b>PARENT X BABY STRENGTH &amp; CONDITIONING</b> 13:00-13:50 3 months to crawling STAGE	<b>THE HANGOUT*</b> 16:00-17:00 3-11 years STAGE	<b>PARENT X BABY SENSORY &amp; MOVEMENT</b> 13:00-13:50 Under 3 Years BREATHE	<b>PARK PLAYGROUND</b> 09:15-10:00 4-11 Years PARK	<b>DODGEBALL: MINI</b> 09:00-09:50 4-10 Years ARĒNØ
<b>BALLET ACADEMY</b> 17:00-18:00 5-11 years ARĒNØ	<b>THE HANGOUT*</b> 16:00-17:00 3-11 years STAGE	<b>DISCOVER: GYMNASTICS</b> 16:10-17:00 2-5 Years ARĒNØ	<b>THE HANGOUT*</b> 17:00-18:00 3-11 years STAGE	<b>THE HANGOUT: BIG MOVIE CHILLOUT*</b> 16:10-18:00 3-11 years ARĒNØ	<b>THE BXIN CLUB</b> 9:15-10:00 7-15 Years IGNITE	<b>DODGEBALL: MAX</b> 09:00-09:50 11-15 Years ARĒNØ
<b>MARTIAL ARTS: JU JITSU (NO GI)</b> 17:00-18:00 7-15 years ARĒNØ	<b>HYROX: YOUNGSTARS</b> 16:15-17:00 7-15 Years PARK	<b>THE KICKBXIN CLUB</b> 16:00-17:00 7-15 Years ARĒNØ	<b>MARTIAL ARTS: MMA (GI)</b> 17:00-18:00 7-15 years PARK	<b>DISCOVER: BALLET</b> 17:00-18:00 2-5 Years STAGE	<b>PARENT X BABY YOGA</b> 10:15-11:00 3 months to crawling BREATHE	<b>TUMBLE ACADEMY</b> 10:00-10:50 4-11 Years ARĒNØ
	<b>CHEER</b> 17:00-18:00 4-11 Years ARĒNØ	<b>GYMNASTICS ACADEMY</b> 16:00-16:50 4-11 Years ARĒNØ			<b>HYDRO: BALL</b> 12:20-13:20 7+ Years POOL	<b>TUMBLE ACADEMY</b> 11:00-11:50 4-11 Years ARĒNØ
	<b>THE HANGOUT*</b> 17:00-18:00 3-11 Years ARĒNØ					<b>SHOTOKHAN KARATE</b> 12:00-13:00 4+ Years (and Family) STAGE



## *THE DŌJŌ*

Train with champions. Build skills for life. Our dedicated combat zone, The DŌJŌ, offers unparalleled mat time in martial arts for the whole family, featuring intimate classes, expert instruction, and luxurious padded facilities. Athelis-branded GIs will be available for purchase from our merchandise store.

## *FOOTBALL CLUBS*

The first touch is often the most important. It's almost kick-off time for our specialist football clubs. Our Lioness and Lion's Football Academies will enable your little ones to train like true Premier League pros with expert instruction, state-of-the-art equipment, and the best teammates.

## *RIZE ACADEMY*

Led by top professionals in the field, RIZE challenges students to explore movement, deepen their artistry, and express their creativity. With opportunities for grading and competitions, RIZE Dance & Performing Arts Academy empowers young creatives to unleash their potential and feel exceptional.

## *PARENT X BABY*

Offering a peaceful and supportive space for you to connect with your little one, our Parent X Baby classes promote relaxation, movement, and well-being. Thoughtfully designed to encourage your baby's development, each session combines gentle exercises with sensory stimulation, helping to strengthen your bond in a calm and nurturing environment. This is a chance to unwind, engage, and enjoy precious moments together.

## *ACTIVITIES*

Elevate playtime with an exclusive selection of high-energy activities designed to inspire, engage, and exhilarate. From the fast-paced intensity of dodgeball to dynamic, water-based challenges, each session is expertly curated to blend excitement, teamwork, and boundless adventure. The perfect space for young adventurers to play, compete, and thrive in the most exhilarating way possible.

## *FITNESS*

Turn exercise into a thrilling adventure with our youth fitness classes, designed to build strength, resilience, and confidence in growing bodies and minds.

These classes include HYROX Youngstars, offering a world-class introduction to performance training, which blends expert coaching with dynamic, high-energy workouts.

Under the guidance of our elite trainers, each session nurtures both physical and mental strength, setting the foundation for a lifetime of athletic excellence.

