



CLUB JUNIOR TIMETABLE

Club Juniors
at The Essex

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Swim 10:00 - 11:00 Pool	Swim 10:00 - 11:00 Pool	Swim 10:00 - 11:00 Pool	Swim 10:00 - 11:00 Pool	Swim 10:00 - 11:00 Pool	Family Splash 11:00 - 12:00 Pool	Swim 11:00 - 18:00 Pool
Baby Yoga 11:40 - 12:25 Studio 3	Mini Tummy Time 12:30 - 13:30 Crèche	Mini Music & Bubbles 11:30 - 12:30 Crèche	Mini Storytime 11:30 - 12:30 Crèche	Swim 15:30 - 19:00 Pool	Mini Messy Play 09:30 - 10:30 Crèche	Family Splash 15:00 - 16:00 Pool
Swim 15:30 - 18:00 Pool	Swim 15:30 - 18:00 Pool	Swim 15:30 - 18:00 Pool	Swim 15:30 - 18:00 Pool	J Gym 16:00 - 20:00 Gym	Swim 11:00 - 18:00 Pool	J Gym 11:00 - 20:00 Gym
Junior Yoga 16:00 - 16.45 Studio 3	Junior Boxercise 16:30 - 17:15 Studio 1	Junior Golf 16:00 - 16:45 Outside	Junior Martial Arts 16:30 - 17:15 Studio 3		J Gym 11:00 - 20:00 Gym	
Club J Golf 16:15 - 17:00 Outside	Club J Boxercise 17:20 - 18:05 Studio 1	Club J Spin 16:30 - 17:15 Studio 2	Club J Martial Arts 17:30 - 18:15 Studio 3			
J Gym 16:00 - 20:00 Gym	J Gym 16:00 - 20:00 Gym	J Gym 16:00 - 20:00 Gym	J Gym 16:00 - 20:00 Gym			



All Ages



0 - Walking



Walking - Preschool



5 - 10 yrs



11 - 15 yrs