

THAMESMEAD PLUS AFTER SCHOOL TIMETABLE

DAY	TIME	CLUB	AGE GROUP	COST
MONDAY	2.45pm – 3.45pm	FITNESS GYM	YEARS 7-10	£4.00
WEDNESDAY	2.45pm – 3.45pm	BOXING FIT	YEARS 7-10	£4.00
THURSDAY	2.45pm – 3.45pm	FITNESS GYM	YEARS 7-10	£4.00

DETAILS

FITNESS GYM	An introduction into the fitness gym and how to use the equipment. There will be a fitness instructor on site to supervise and give advice on how to train effectively and improve your athletic abilities for all sports. Suitable for all abilities.
BOXING FIT	Get fit and healthy through a variety of fun, non-contact innovative boxing skills: warm-up, skipping, shadow boxing, basic punch combinations, focus mitts, slipping and rolling, partner drills, abs and core work, ground work, stretching, plus much more ... great fun!

FRESH SPORTS CENTRE @ THAMESMEAD SCHOOL

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