

# JUNIORS (AGES 4+)

PAVILION

Monday 6th January - Sunday 16th February

## MONDAY

16:00 - 17:30

**Lego Creators** (age 5-11)

16:45 - 17:30

**Mini Jazz Dance\*** (age 5-8)

Contact us@monarchstudios.co.uk to book

## TUESDAY

16:00 - 16:45

**Arts & Crafts** (age 5-11)

17:15 - 18:00

**Intermediate Acro\*** (age 7-12)

Contact us@monarchstudios.co.uk to book

17:30 - 18:15

**Teen Circuits** (age 11-15)

## WEDNESDAY

16:30 - 17:30

**Board Games & Puzzles**

(age 5-11)

## THURSDAY

16:15 - 17:00

**Junior Cheer** (age 5-10)

17:15 - 18:00

**Teen Fitness and Flexibility**

(age 11-15)

## SATURDAY

9:00 - 12:00

**Kids' Club** (age 4-11)

11:15 - 12:15

**Junior Acro & Jazz\*** (age 6-10)

Contact us@monarchstudios.co.uk to book

12:00 - 12:45

**Family Functional Fitness** (age 8+)

With Joanna in The Box

13:00 - 13:45

**Family Functional Fitness** (age 8+)

with Danny in The Box

14:00 - 15:00

**Games & Activities** (age 2+)

## SUNDAY

9:00 - 12:00

**Kids' Club** (age 4-11)

12:05 - 12:50

**Family Dance Fit** (age 8+)

13:30 - 14:30

**Pilatots** (age 5-7)

14:00 - 15:00

**Arts & Crafts** (age 2+)

15:45 - 16:45

**French Club** (age 5-10)

**Lego Creators** - Have the freedom to create your own world with our expansive lego collection. Parental supervision required.

**Arts & Crafts** - Expand your creative knowledge with these craft sessions. Join us each session for a new/different artistic activity that strives to improve creativity and imagination, as well as teaching new skills and developing confidence.

**Junior Cheer** - Join Isla for a fun Cheer skills session.

**Pilatots** - Guided by certified Pilates instructors who are experts in making fitness fun, Pilatots is where your little ones can unlock their inner magic while building strong bodies, happy minds and beautiful memories using the ABC's of Pilates at our core - Alignment, Breath & Centering. The classes will be included in your child's membership, however, you need to make a one-off purchase of the Pilatots uniform in order to attend, please ask at the Pavilion reception for more information.

**Teen Circuits** - Personal Trainer Danny will take you through a circuits class in The Box, with a workout designed to improve coordination, strength and endurance for teens.

**Teen Fitness and Flexibility** - Join Isla for this class which will incorporate elements of gymnastics and cheer, for a fun exercise session with a focus on improving strength and mobility.

**Teen Mixed Media** - A creative space for teens to begin learning and practising the basic principles of fine art in and explore mixed media. Learn to use colour, line, form, and tone in this art class, perfect for young people with an interest in art.

**Family Functional Fitness** - Train with your kids in this class in our studio The Box, suitable for junior members aged 8 years and over when accompanied by an adult. A great workout for developing coordination, agility, and fitness for all ages (1 adult can accompany 2 children, Maximum 4 families per class)

**Kids' Club** - A fun packed morning of activities. Children must have suitable outdoor clothing, and we ask that they keep mobile phones in bags please.

**Games & Activities** - Join our activities team in the Studio for games designed to get your kids moving,

**French Club** - Join Aly for this fun and educational French Language Club. Regardless of their starting ability, children will enjoy learning in a pressure-free environment, and grow in confidence.

**Forest Nook Free Play** - During the designated times, the Forest Nook will be set up and open for members and guests to use freely. These sessions will not have an instructor to lead any activities, but we encourage users to enjoy the facilities with the equipment provided.

**Family Dance Fit** - Join Phoebe for a Dance Fit session, a great way to have fun and keep fit as a family. These high energy dance sessions are suitable for all abilities, with easy to follow routines designed to tone the whole body. Children must be accompanied by an adult during these classes.

\*Monarch's 45 minute classes cost £10.50 and the 60 minute classes are £12.50, VAT inclusive and invoiced termly. These classes must be booked in advance.

**All sessions are bookable 48 hours in advance via our online booking system.**

Please see Holiday Activities Timetables during school holidays. Please note that all activity sessions are subject to change at short notice due to weather conditions, staffing levels or room changes and that if you are 5 or more minutes late, we are entitled to give your place to anyone waiting.

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