

# JUNIORS (AGES 4+)

PAVILION

Summer Term - From Monday 10th June 2024

## 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

## THURSDAY

16:15 - 17:00

**Family Animal Fu** (age 4+)

17:30 - 18:15

**Teen Table Tennis** (age 11-15)

18:00 - 19:15

**Teen Mixed Media Arts** (age 8+)

## 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)

13:30 - 14:30

**Pilatots** (age 5-7)

14:00 - 15:00

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

## FRIDAY

16:00 - 16:45

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

17:15 - 18:00

**Teen Fitness and Flexibility**  
(age 11-15)

19:00 - 20:15

**Teen Fine Art** (age 8+)

**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.

**Family Animal Fu** - Using the foundation principles of Tai Chi and Martial Arts, families are invited to interact and move together, improving their co-ordination, agility and balance through five fun characters: Mabu The Monkey, Boris The Tiger, Patsy The Bear, DJ Fin, Master Storky.

**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.

\*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.

**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.

**Teen Mixed Media** - A space for young people to let go of fear, express themselves and explore art in different mediums and surprising ways, from painting to printmaking, pottery to wire sculpture. Age 8+

**Teen Fine Art** - A creative space for teens to begin learning and practicing the basic principles of fine art. Learn to use colour, line, form, and tone in this art class, perfect for young people with interest in art. Age 8+

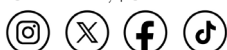
**Teen Circuits** - Personal Trainer Danny will take you through a circuits class in The Box, with a workout designed to improve coordination, strength and endurance for teens.

**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.

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

Please note that all activity sessions are subject to change at short notice due to weather conditions, staffing levels or room changes.

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