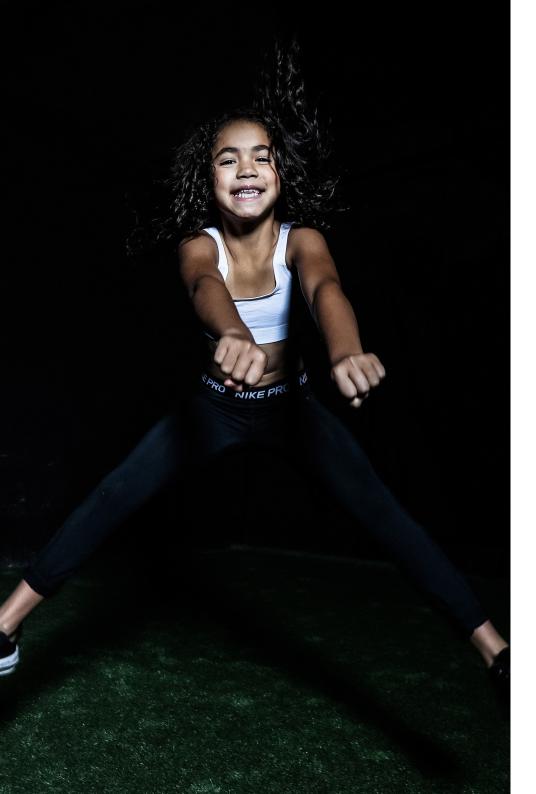
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PARENT X BABY POOL PLAY 12:30-13:15 3 months to crawling POOL	PARENT X BABY MASSAGE 13:00-13:50 3 months to crawling BREATHE	PARENT X BABY STRENGTH & CONDITIONING 13:00-13:50 3 months to crawling STAGE	THE HANGOUT* 16:00-17:00 3-11 years STAGE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

