

JUNIORS (AGES 4+)

PAVILION

Monday 1st September - Sunday 21st December 2025

MONDAY

16:00 - 16:45

Junior Cheer (age 5-10)

16:00 - 17:30

Lego Creators (age 5-11)

16:00 - 16:45

Mini Jazz Dance* (age 4-6)

16:00 - 16:45

Mini Ballet* (age 4-6)

16:15 - 17:00

Teen Yoga

with Bea

17:15-18:00

Mini Jazz Group Competitive*
(4-7 years)

TUESDAY

16:30 - 17:15

Supervised Games Room (age 9+)

16:30 - 17:15

Mini Junior Acro* (age 4-7)

16:30 - 17:30

Open Box (age 12+)

Parent supervision required

17:15 - 18:00

Intermediate Acro* (age 8)

WEDNESDAY

16:00 - 16:45

Arts & Crafts (age 5+)

17:00 - 17:45

Teen Circuits

with Magda in The Box

FRIDAY

16:30 - 17:15

Sports Games (age 5+)

19:00 - 20:15

Teen Mixed Media Art (age 9+)

THURSDAY

16:30 - 17:30

Homework Club (age 5+)

16:30 - 17:30

Open Box (age 12+)

Parent supervision required

SATURDAY

9:00 - 12:00

Kids' Club (age 4-11)

12:00 - 12:45

Family Functional Fitness (age 8+)

With Joanna in The Box

13:00 - 13:45

Family Bootcamp (age 8+)

14:00 - 15:00

Arts & Crafts (age 2+)

SUNDAY

9:00 - 12:00

Kids' Club (age 4-11)

13:30 - 14:30

Pilatots (age 5-7)

14:30 - 15:30

Sports Games (age 5+)

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 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.

Homework Club - Join our qualified primary school teacher, Charlie, for a supported homework session

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.

Supervised Games Room - The age of the games room will be lowered to 9+, as a member of our team will be in the room to supervise all activities.

Open box - Enjoy Some Family Training Time. Take advantage of our Box equipped with boxing gear, perfect for getting active together. This area is not supervised by a trainer, so parental supervision is required at all times. Suitable for ages 12+

Sports games - A fun and active class where kids run, jump, kick, and play sport themed games while learning teamwork and basic sports skills.

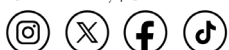
*Monarch's 45 minute classes cost £10.50 and the 60 minute classes are £12.50, VAT inclusive and invoiced termly. These classes must be booked in advance.

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

For any email bookings, please state the name and age of the child/children. For ages 5+ 'drop and go' is available (a parental sign-in and sign-out will be required). For ages 1-4, parental supervision is required (a parent must stay for the duration of the activity).

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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