



# SPORTS HALL

<b>MON</b>	10.00-12.00	50+ Badminton
	13.00-14.00	Totzone
	14.00-18.30	Gymzone
	19.30-20.30	Bums & Tums
<b>TUES</b>	10.00-11.30	Leisurely Lifestules
	16.00-17.00	Charlton 5 A Side (5-7yrs)
	17.00-18.00	Charlton 5 A Side (8-10yrs)
	18.00-20.00	Karate
	19.00-21.30	Jujitsu
<b>WED</b>	13.00-15.00	Boccia*
	16.00-18.15	Charlton Challenge
	18.30-20.30	Jumpzone
<b>THUR</b>	09.30-11.30	Totzone
	11.30-13.30	Gymzone
	14.00-16.00	60+ Table Tennis
	16.00-17.00	Charlton 5 A Side (5-7yrs)
	17.00-18.00	Charlton 5 A Side (8-10yrs)
	18.00-19.00	Charlton 5 A Side (10+yrs)
19.00-20.00	Charlton 5 A Side (13+yrs)	
<b>FRI</b>	10.30-12.30	Mixed Badminton
	16.00-17.30	Charlton Challenge
	17.30-19.00	Charlton 5 A Side (10+yrs)
	18.00-18.50	Tae Kwon Do*
	19.00-20.00	Junior Badminton
20.00-22.00	Mixed Badminton	
<b>SAT</b>	08.30-10.00	Basketball Club
	10.00-12.00	Toddlers Soccer
	10.30-12.30	Jumpzone
	15.00-17.00	Mixed Badminton
<b>SUN</b>	09.00-12.00	Jujitsu

#### Totzone:

Child and parent carer supervision designed to develop coordination and motor skills.  
0 - 3 years. Casual classes

#### Gymzone:

Structured gymnastic courses for 2 - 16 years.

#### Jumpzone:

Structured trampoline courses for 3 - 16 years.

#### Charlton Challenge:

Structured football courses for 5 - 11 years.

#### Toddlers Soccer:

Football fun for 3 - 5 years.

\*Please note these classes take place in the Aerobics Studio