



## U16's TIMETABLE

CLASS	Day	Location	Time
Fitness Gym (Thamesmead Pupils only )	<b>MON</b>	<b>Fresh Sports Centre Thamesmead School</b>	2.45 – 3:45
Spartan Club (boys 11-16 yrs)	 <b>MON</b>	<b>Fresh Gym</b>	3:00 – 3.30
Panther Club (girls 11–16 yrs)	 <b>TUES</b>	<b>Fresh Gym</b>	3:00 – 3:30
Spartan Club (boys 11-16 yrs)	 <b>WED</b>	<b>Fresh Gym</b>	3.00 – 3.30
Fitness Gym (Thamesmead Pupils only)	<b>THURS</b>	<b>Fresh Sports Centre Thamesmead School</b>	2.45 – 3.45
Panther Club (girls 11-16 yrs)	 <b>THURS</b>	<b>Fresh Gym</b>	3:00 – 3:30

**Cost of above Classes for Non-Members:**

**£4 for Thamesmead Plus**

**£5 for all other classes**

**Cost for Members**

**U16s Classes and Fresh Gym Membership– inclusive in a £29.99 rolling membership**

**U16s Fresh Gym Mon-Fri 2.30pm-5pm and anytime at the weekend\***

*\*(must be accompanied by an adult over 18 years or subject to completing the Train Safe programme and Parent approval)*