

Plymouth Life Centre

Term Time from April 2017

Day	Time	Activity	Age
Monday	9:00 - 13:00	Crèche	Under 8
	9:30 - 10:30	Parent & Toddler Gymnastics and Trampoline	Under 5
	9:30 - 10:30	Buggy Fit	Adult
	9:30 - 12:00	Swimming lessons	Under 5
	10:00 - 11:00	No Strings	Adult
	10:30 - 11:30	Pre-School Gymnastics	3 - 5
	10:30 - 11:30	Pre-School Trampoline	3 - 5
	11:00 - 12:00	Boccia*	Inclusive
	11:30 - 12:30	Fit-Nastics	Adult
	12:00 - 13:00	Bouncibility (inclusive trampolining)	Inclusive
	15:45-16:45	Beginner Gymnastics	5 - 12
	16:00 - 16:45	Junior Gym	11 - 15
	16:00 - 18:30	Swimming lessons	5 - 12
	16:45 - 17:30	Junior Gym	11 - 15
	18:00 - 19:00	Wheelchair Rugby*	Inclusive
	21:00 - 22:00	Drake Judo*	Adult
Tuesday	9:00 - 13:00	Crèche	Under 8
	9:30 - 10:30	Pre-School Gymnastics & Trampoline	3 - 5
	9:30-10:30	Parent & Toddler Studio Cycling	Adult
	9:30 - 12:00	Swimming lessons	Under 5
	9:30 - 13:30	Scope Bowls	Inclusive
	10:30 - 11:30	Parent & Toddler Gymnastics and Trampoline	Under 5
	11:30 - 12:30	Moveability (inclusive gymnastics)	Inclusive
	12:30 - 13:30	Beginner Gymnastics	5-12
	12:30 - 13:30	Beginner Trampoline	5-12
	13:30 - 14:30	Intermediate / Advanced Gymnastics	5-12
	14:00 - 15:30	Ping Pong	50+
	16:00 - 16:45	Junior Gym	11 - 15

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Day	Time	Activity	Age	
	16:00 - 18:30	Swimming lessons	5-12	
	16:30 - 17:30	Beginner / Intermediate Gymnastics	5-12	
	16:30 - 17:30	Beginner Trampoline	5-12	
	16:30-17:30	Tai Chi	Adult	
	16:45 - 17:30	Junior Gym	11 - 15	
	17:00 - 18:00	Master St James Taekwondo	5+	
	17:30 - 18:30	Intermediate / Advanced Gymnastics	5-12	
	17:30 - 18:30	Intermediate / Advanced Trampoline	5-12	
	17:30 - 19:00	Basketball	Adult	
	18:00 - 19:00	South Hams Tae Kwondo*	5+	
	18:00 - 19:00	Touch Tennis	Family	
	19:00 - 20:00	Bujinkai Karate*	5+	
	Wednesday	9:00 - 13:00	Crèche	Under 8
		9:30 - 10:30	Pre-School Gymnastics	3 - 5
9:30 - 10:30		Mummycise	Adult	
9:30 - 11:30		Disability Bowls	Inclusive	
9:30 - 12:00		Swimming lessons	Under 5	
10:30 - 11:30		Parent & Toddler Gymnastics	Under 5	
10:30 - 11:30		Boccia*	Inclusive	
16:00 - 16:45		Junior Gym	11 - 15	
16:00 - 18:30		Swimming lessons	5 - 12	
16:30 - 17:30		Tai Chi	Adult	
16:45 - 17:30		Junior Gym	11 - 15	
18:00 - 19:00		Pilgrims Netball	12 - 16	
18:00 - 19:00		Drake Judo*	5+	
18:00 - 20:00	Rookie Bowls (beginner)	Adult		
19:00 - 20:00	No Strings	Adult		
19:30 - 22:00	Life Centre Badminton Club*	Adult		

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Day	Time	Activity	Age
	20:00 - 21:00	No Strings	Adult
	19:30 - 21:00	Squash Club Night	Adult
Thursday	9:00 - 13:00	Crèche	Under 8
	9:30 - 10:30	Pre-School Gymnastics	3 - 5
	9:30 - 10:30	Bounce-Fit	Adult
	9:30-10:30	Parent & Toddler Studio Cycling	Adult
	9:30 - 10:30	Rugby Tots*	2 - 7
	9:30 - 12:00	Swimming lessons	Under 5
	10:00 - 11:00	No Strings	Adult
	10:30 - 11:30	Parent & Toddler Gymnastics and Trampoline	Under 5
	12:00 - 13:00	Bouncibility (inclusive trampolining)	Inclusive
	13:00 - 14:00	Shootability (inclusive basketball)	Inclusive
	13:30 - 15:00	Movement to Music*	Adults
	16:00 - 16:45	Junior Gym	11 - 15
	16:00 - 18:30	Swimming lessons	5 - 12
	16:30 - 17:30	Beginner / Intermediate Gymnastics	5 - 12
	16:30 - 17:30	Junior Bowls	7 - 11
	16:40 - 17:20	Taekwondo Tigers*	4 - 6
	16:45 - 17:30	Junior Gym	11 - 15
	17:30 - 18:30	Intermediate / Advanced Gymnastics	5-12
	17:30 - 18:30	Junior Bowls	12 - 16
	18:00 - 19:00	PLC PING	Family
	19:00 - 20:00	Just Play Football	Adult
	19:00 - 20:00	PLC PING	Adult
Friday	9:00 - 13:00	Crèche	Under 8
	9:30 - 10:30	Pre-School Gymnastics & Trampolining	3 - 5
	9:30 - 10:30	Buggy Fit	Adult
	9:30 - 11:30	Beginner/Improvers Bowls	Adult

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Day	Time	Activity	Age
	9:30 - 12:00	Swimming lessons	Under 5
	10:30 - 11:30	Parent & Toddler Gymnastics and Trampoline	Under 5
	11:00 - 12:30	Inclusive multi sports	Inclusive
	11:30 - 12:30	Mummycise	Adult
	13:30-14:30	Gentle Yoga	Inclusive
	16:00 - 16:45	Junior Gym	11 - 15
	16:00 - 18:30	Swimming lessons	5 - 12
	16:30 - 1800	Junior Badminton	7 - 16
	16:45 - 17:30	Junior Gym	11 - 15
	18:00 - 19:00	High 5 Netball	7 - 12
	18:00 - 19:00	Walking Netball	Adult
	18:00 - 19:00	Volleyball	Adult
	19:00 - 20:00	Back to Netball	Adult
	19:00 - 21:00	Youth Night	11 - 17
Saturday	09:00 - 10:00	Beginner / Preschool Gymnastics	5-12 & 3- 5
	09:00 - 10:00	Beginner / Preschool Trampoline	5-12 & 3- 5
	9:00 - 12:00	Disability Bowls	Adult
	9:00 - 12:00	Swimming Lessons	Under 5
	9:00 - 13:00	Rugby Tots*	2 - 7
	10:00 - 11:00	Intermediate Gymnastics	5 - 12
	10:00 - 11:00	Intermediate Trampoline	5 - 12
	10:30 - 12:30	Drake Judo Club*	5+
	11:00 - 12:00	Intermediate / Advanced Gymnastics	5 - 12
	11:00 - 12:00	Beginner / Advanced Trampoline	5 - 12
	12:0 - 13:00	PAYG Gymnastics and Trampoline	All ages
	13:00 - 14:00	Beginner Gymnastics	5 - 12
	13:00 - 14:00	Teen Trampoline	13 - 16
	13:00 - 16:00	Wheelfever*	Inclusive

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Day	Time	Activity	Age
	14:00 - 14:45	Junior Gym	11 - 15
	14:00 - 15:00	Intermediate / Advanced Gymnastics	5 - 12
	14:00 - 15:00	Adult Trampoline	16+
	18:30 - 21:00	Roller Disco*	All ages
Sunday	09:00 - 10:00	EA Soccer School	2 - 4
	9:00 - 11:00	Swimming Lessons	Under 5
	9:00 - 11:00	Swimming Lessons	5 - 12
	10:00 - 11:00	EA Soccer School	5 - 7
	11:00 - 12:00	Family Rackets	Family
	14:00 - 14:45	Junior Gym	11 - 15
	18:00 - 21:00	Futsal League*	Adult

*Externally run activity: