

Live IT Timetable



Hubs For Ages 5 - 17 and Family Physical Activity Sessions

Monday:

Time	Age	Class	Instructor(s)	Venue
16:30 - 17:45 FREE	5 - 11	Live IT Hub	Sara and Joe	Willows Sports Centre (DE1 3NZ)
16:30 - 17:45 FREE	12+	Gym	Ben and Rainy	Queen's Leisure Centre (DE1 3PA)

Tuesday:

Time	Age	Class	Instructor(s)	Venue
16:30 - 17:45 FREE	5 - 17 +1 Family	Family Stretch and Relax	Ben and Jess	Merrill Academy (DE24 0AN)

Wednesday:

Time	Age	Class	Instructor(s)	Venue
16:30 - 17:30 FREE	5 - 17 +1 Family	Family BoxFit	Ben and Rainy	Derby Arena (DE24 8JB)
19:10 - 20:10 FREE	11+ £3 Adults	Family BoxFit	Jules	Littleover Community School (DE23 4BZ)

Thursday:

Time	Age	Class	Instructor(s)	Venue
16:30 - 17:45 FREE	5 - 11	Live IT Hub	Ben and Chris	St. Phillip's Church (DE21 4JU)

Please attend at least one session per week and bring water with you to each session.

Siblings and family members are welcome to take part and will be required to complete a health questionnaire prior.