



# FREE FITNESS FOR KIDS ONLINE CLASSES



	Week/Beg	Age	Class Type	Time			Week/Beg	Age	Class Type	Time	
WEEK 1	19-Apr Mon	Rec	Yoga	4-4.30pm	After School	WEEK 4	13-May Thurs	Rec	Kung Fu & Kickboxing	4.30 - 5pm	After School
		Ks1	Yoga	4.45 - 5.15pm	After School			Ks1	Kung Fu & Kickboxing	5.05 - 5.35pm	After School
		Ks2	Yoga	5.30 - 6pm	After School			Ks2	Kung Fu & Kickboxing	5.40 - 6.10pm	After School
	24-Apr Sat	Rec	Fitness Fun	10 - 10.30am	Weekend		15-May Sat	Rec	Street Dance	10.30 - 11am	Weekend
		Ks1	Fitness Fun	10.45 - 11.15	Weekend			Ks1	Street Dance	11.15 - 11.45	Weekend
		Ks2	Fitness Fun	11.30-12pm	Weekend			Ks2	Street Dance	12 - 12.30pm	Weekend
WEEK 2	26-Apr Mon	Rec	Street Dance	4-4.30pm	After School	WEEK 5	19-May Wed	Rec	Boxing	4-4.30pm	After School
		Ks1	Street Dance	4.30 - 5	After School			Ks1	Boxing	4.45 - 5.15pm	After School
		Ks2	Street Dance	5.15 - 5.45	After School			Ks2	Boxing	5.30 - 6pm	After School
	01-May Sat	Rec	Gymnastics	10-10.30	Weekend		23-May Sun	Rec	Kung Fu & Kickboxing	10 - 10.30am	Weekend
		Ks1	Gymnastics	10.45 - 11.15	Weekend			Ks1	Kung Fu & Kickboxing	10.45 - 11.15	Weekend
		Ks2	Gymnastics	11.30-12	Weekend			Ks2	Kung Fu & Kickboxing	11.30-12pm	Weekend
WEEK 3	07-May Fri	Rec	Fitness Fun	4-4.30pm	After School	WEEK 6	28-May Fri	Rec	Gymnastics	4-4.30pm	After School
		Ks1	Fitness Fun	4.45 - 5.15pm	After School			Ks1	Gymnastics	4.45 - 5.15pm	After School
		Ks2	Fitness Fun	5.30 - 6pm	After School			Ks2	Gymnastics	5.30 - 6pm	After School
	09-May Sun	Rec	Yoga	10 - 10.30am	Weekend		30-May Sun	Rec	boxing	10 - 10.30am	Weekend
		Ks1	Yoga	10.45 - 11.15	Weekend			Ks1	boxing	10.45 - 11.15	Weekend
		Ks2	Yoga	11.30-12pm	Weekend			Ks2	boxing	11.30-12pm	Weekend

For access to free session links head to  
[activeenfield.co.uk/page/schools-online-sessions/](https://activeenfield.co.uk/page/schools-online-sessions/)  
 For further queries email [sport@enfield.co.uk](mailto:sport@enfield.co.uk)

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