

LIVE IT EVENING ACTIVITY SESSIONS FOR 12-17 YEARS

Day	Venue	Time	Activity	Advisor
Monday	HUB Queens Leisure Centre DE1 3PA	4.30-5.45	Gym/Multi fitness session	Ben
	Pride Park Stadium South East Stand Parents welcome £2	6:00-6:30pm	StadFit (14+)	Jon
Tuesday	Pride Park Stadium South East Stand Parents welcome £2	6:00-6:30pm	StadFit (14+)	Jon
Wednesday	Derby College: Johnston Building Locomotive Way DE24 8PU	5:00-6:00pm	Family BoxFit/ Circuits	Shakey/ Ben
	Pride Park Stadium South East Stand Parents welcome £2	6:00-6:30pm	Stadfit (14+)	Jon
	Littleover School- Studio DE23 4BZ	7:10-8:10pm	Female Fitness Frenzy	Cara
Thursday	Pride Park Stadium South East Stand Parents welcome £2	6:00-6:30pm	StadFit (14+)	Jon

Please see www.themovementderby.co.uk for further information swimming and gym usage or use the contact details below:

Contacts

Queens Leisure Centre= 01332 641444

Derby Arena=01332 640011

Springwood= 01332 664433

Live It (12+) Advisor: Ben Asquith – 07957782237 ben.asquith@dcct.co.uk