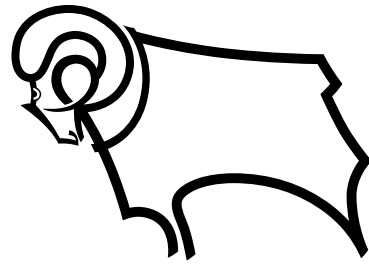


LIVE IT

T I M E T A B L E



**DERBY
COUNTY
COMMUNITY
TRUST**

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

TIME	SESSION	DETAILS
4:30pm - 5:30pm	Live IT Club (Under 12s)	Willows Sports Centre, DE1 3NY (Booking Only)

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

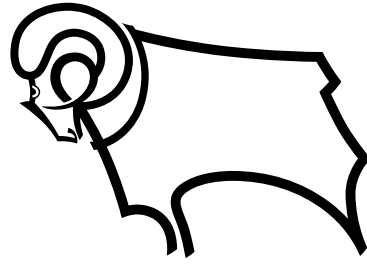
TIME	SESSION	DETAILS
3:30pm - 4:45pm	Gym Sessions (12+)	Derby Arena, DE24 8JB (Booking Only)
4:30pm - 5:45pm	Live IT Club (Under 12s)	Willows Sports Centre, DE1 3NY (Booking Only)

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

TIME	SESSION	DETAILS
3:30pm - 4:45pm	Gym Sessions (12+)	Derby Arena, DE24 8JB (Booking Only)
4:15pm - 5:00pm	Zoom Family Fitness (Under 12s)	Meeting ID: 881 9505 3073 Password: 092221
4:30pm - 5:30pm	Live IT club (under 12's)	Moorways Sports Village and water park DE24 9HY (Booking Only)

JOIN HERE

For more information or to book onto any of our sessions please
email sara.adcock@dcct.co.uk or call **07812 301995**



CLASS DESCRIPTIONS

Live IT club

Under 12's

Live IT is our healthy lifestyle club where your child can take part in lots of fun activities and games to improve fitness and learn about a healthy lifestyle. Across the year we also have cook and eat sessions where your child can create simple meals and taste new foods. Sessions should be booked in advance.

Gym sessions

Over 12's

The opportunity for you to work safely on your own goals. Our specialist advisor will help to design a plan tailored to you. Sessions should be booked in advance and you should book a gym induction before you start.

Zoom Family Fun

Under 12's

Our online session is ideal if you're struggling to get to a face to face session. This session is aimed at all the family and includes a short blast of physical activity and a fun, family quiz on all things healthy.

