


Skilled for Health: St Luke's Science and Sports College

Autumn Term 2010: Thursdays

	24 th Sept		1 st Oct		7 th Oct		14 th Oct		21 st Oct		29 th Oct	4 th Nov		11 th Oct		18 th Oct		25 th Oct		2 nd Dec								
	6 - 7pm	7 - 8pm	6 - 7pm	7 - 8pm	6 - 7pm	7 - 8pm	6 - 7pm	7 - 8pm	6 - 7pm	7 - 8pm	Half Term											6 - 7pm	7 - 8pm	6 - 7pm	7 - 8pm	6 - 7pm	7 - 8pm	6 - 7pm
Dance Studio	Legs, Bums & Turns Step		Salsacise Band pilates		Step Salsacise		Dance Legs, Bums & Turns		Ball Pilates Dance			Legs, Bums & Turns Step		Salsacise Ball Pilates		Step Salsacise		Dance Legs, Bums & Turns		Ball Pilates Dance								
Fitness Suite	Gym workout Circuits		Gym workout Circuits		Gym workout Circuits		Gym workout Circuits		Gym workout Circuits			Gym workout Circuits		Gym workout Circuits		Gym workout Circuits		Gym workout Circuits		Gym Workout Circuits								
Food tech room	Healthy cookery		Healthy cookery		Healthy cookery		Healthy cookery		Healthy cookery			Healthy cookery		Healthy cookery		Healthy cookery		Healthy cookery		Healthy cookery								
Atrium & Outside	Multiskills (for 5+)		Multiskills (for 5+)		Multiskills (for 5+)		Multiskills (for 5+)		Multiskills (for 5+)			Multiskills (for 5+)		Multiskills (for 5+)		Multiskills (for 5+)		Multiskills (for 5+)		Multiskills (for 5+)								