

Youth Open Session

(supervised by coaches only)

Age 12+

Wednesday: 7.00pm – 8.00pm

£5 per session. No registration required.

Loyalty Cards Available

We open our facility to those wanting to learn new skills, improve their strength, flexibility or socialise with friends, all in a safe and friendly environment.

Our coaches are there to help, but with a non-structured feel to the class, this is perfect for those wanting a more relaxed and independent learning atmosphere.