

Summer Timetable

As you may know we run two businesses as a family. Our Kids activity business Sparkle and our Adult & Family fitness business Inclusive.

Over the summer holidays we will be joining forces to offer a whole array of classes for you to enjoy. Whether it's a fitness class for yourself, a kids dance workshop for your child or a family class to join in together, we have it all on offer!

Here is our weekly timetable for the summer holidays (excluding Bank Hol Monday):

Day	Class	Time	Location	Age group	**All classes pay on day** Price
Monday	Zumba	1.30-2.15pm	Shenfield Scout Hut	Adults & Teens (11+)	Adults: £6 PAYG/£4.50 when paid as block of 10 Teens: £4
Monday	Fitness Fun	1.30-2.15pm	Shenfield Scout Hut	Kids 3-11 years	Kids: £2 when attending with adult doing class or £3 if coming alone
Monday	Gymstick Body Conditioning	2.15-3.00pm	Shenfield Scout Hut	Adults & Teens (11+)	Adults: £6 PAYG/£4.50 when paid as block of 10 Teens: £4
Monday	Young Yoga	2.15-3.00pm	Shenfield Scout Hut	Kids 3-11 years	Kids: £2 when attending with adult doing class or £3 if coming alone
Tuesday	Bootcamp	09.30-10.15	Courage Playing Fields	Adults & Teens (11+)	Adults: £6 PAYG/£4.50 when paid as block of 10 Teens: £4
Tuesday	Sparkle Summer Fun	5.00-7.00pm	Doddinghurst Village Hall	Kids & Teens all ages	Kids & Teens: £8 for 2 hour workshop
Tuesday	Chickbox	7.00-7.50pm	Doddinghurst Village Hall	Adults & Teens (11+)	Adults: £6 PAYG/£4.50 when paid as block of 10 Teens: £4
Wednesday	Bootcamp	09.30-10.15	Courage Playing Fields	Adults & Teens (11+)	Adults: £6 PAYG/£4.50 when paid as block of 10 Teens: £4
Wednesday	Bendy Bootcamp	09.30-10.15	Courage Playing Fields	Kids 3-11 years	Kids: £2 when attending with adult doing class or £3 if coming alone
Wednesday	Zumba	6.30-7.15pm	Doddinghurst Village Hall	Adults & Teens (11+)	Adults: £6 PAYG/£4.50 when paid as block of 10 Teens: £4
Wednesday	Bootcamp	7.15-8.00pm	Doddinghurst Green	Adults & Teens (11+)	Adults: £6 PAYG/£4.50 when paid as block of 10 Teens: £4
Wednesday	Yoga	7.15-8.00pm	Doddinghurst Village Hall	Adults & Teens (11+)	Adults: £6 PAYG/£4.50 when paid as block of 10 Teens: £4
Thursday	Zumba	7.30-8.15pm	TBC (Hutton/Shenfield)	Adults & Teens (11+)	Adults: £6 PAYG/£4.50 when paid as block of 10 Teens: £4
Thursday	Bootcamp	8.15-9.00pm	TBC (Hutton/Shenfield)	Adults & Teens (11+)	Adults: £6 PAYG/£4.50 when paid as block of 10 Teens: £4
Friday	Bootcamp	09.30-10.15	Courage Playing Fields	Adults & Teens (11+)	Adults: £6 PAYG/£4.50 when paid as block of 10 Teens: £4
Friday	Fitness Fun	09.30-10.15	Courage Pl. Fields	Kids 3-11 years	Kids: £2 when attending with adult doing class or £3 if coming alone
Friday	Sparkle Summer Fun	3.00-5.00pm	Chelmer Vil. Hall	Kids & Teens all ages	Kids & Teens: £8 for 2 hour workshop

Any questions email

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