

WHAT'S ON – Community: Evening & Weekend

MONDAYS	CLASS TYPE	TIME	VENUE
Nexus Netball	Netball	18:00–21:00	Sports Hall
Southampton Athletics	Athletic Training	18:00–20:00	Gyms
Caw Fitness	Fitness Class– Cardio	19:00– 20:00	Dance Studio
5 A Side Football group	Football – 55mins per group	21:00–22:00	Sports Hall

TUESDAYS	CLASS TYPE	TIME	VENUE
Street Beatz– Competitions	Children’s Rehearsals Dance	16:45–17:45	Drama Studio
Kestrels Basketball	Teen Basketball Training	18:00–21:30	Sports Hall
Let’s Dance Line Dancing	Beginner Line Dancing– Teens	18:00–19:00	Dance Studio
Let’s Dance Line Dancing	Beginner Line Dancing– Adults	19:00–20:00	Dance Studio
Anna’s Salsa	Salsa practice & Salsa Group Fun	20:00– 22:00	Dance Studio

WEDNESDAYS	CLASS TYPE	TIME	VENUE
Southampton Athletics	Athletic Training	18:00–20:00	Gyms
Keep Fit	Over 55’s Fitness	18:00–19:00	Dance Studio
5 A Side Football groups	Football – 55mins per group	18:30–20:30	Sports Hall
Fit Steps with Clare	Dance Class– Fitness & Skills	19:00–20:00	Dance Studio
Fit Steps Tone & Stretch Class	Dance, Tone & Stretch	20:00– 21:00	Dance Studio
Southampton Volleyball	Volley Training	20:30–22:30	Sports Hall
Caw Fitness	Fitness Class– Weights	19:00– 20:00	Drama Studio

THURSDAYS	CLASS TYPE	TIME	VENUE
Street Beatz– Itchen Street Team	Age 7–11 yrs. Street Team Dance	16:30–17:30	Drama Studio
Street Beatz– Itchen Street Dance	3–6 yrs. Street Dance	17:00–17:30	Dance Studio
Street Beatz– Itchen Street Team	11 yrs. + Street Team Dance	17:30–18:30	Drama Studio
Street Beatz– Itchen Street Dance	7–11 yrs. Street Dance	17:35–18:30	Drama Studio
Street Beatz– Itchen Street Dance	11yrs+ Street Dance	18:35–19:30	Dance Studio
5 A Side Football groups	Football – 55mins per group	18:30–21:30	Sports Hall
Southampton Wind band	Wind band Practice	19:00–21:30	Drama Studio
Street Beatz– 90’s Pop	Adult Dance Fit	19:30– 20:30	Dance Studio
Southampton Volleyball	Volley Training	20:30–22:30	Sports Hall

SATURDAYS	CLASS TYPE	TIME	VENUE
Kick About	Children’s Football Classes	08:30–12:00	Sports Hall
Computer Xplorers	Children’s Fun Computer Classes	09:00–13:30	Classroom

Booking@itchen.ac.uk / Sports Centre Contact Number 02380 448787 – Out of college hours number