

**Live Nursery and PE Lessons For Home**  
(can also be caught up on S4K TV after)

	<b>Under 5s</b> 10.00-10.30am		<b>Over 5s</b> 1.30-2.00pm	
Monday	S4K ActivKids	Mr Craven	S4K Fitness Challenge	Mr Beckett
Tuesday	S4K Rugby	Mr Gould	S4K Mixed Martial Arts	Mr Gould
Wednesday	S4K Yoga	Miss Upward	S4K Yoga	Miss Upward
Thursday	S4K Football	Mr Meyer-White	S4K Football	Mr Meyer-White
Friday	S4K Dance	Miss Anderton	S4K Dance	Miss Willoughby

**Skills Class Lessons**  
(available from midnight on the day)

Saturday	<b>S4K Football</b> S4K Toddlers (18m to 3 yrs) S4K Kickers (3 to 5 yrs) S4K Strikers (5 to 7 rs) S4K Academy (7+ yrs)	Mr Smith Mr Anderton & Miss Smith Mr Andrei Mr Meyer-White
	<b>S4K Dance</b> S4K Movers (18m to 5 yrs) S4K Breakers & Academy (5-9 yrs)	Miss Willoughby Miss Willoughby
Sunday	<b>S4K Rugby</b> S4K Toddlers (18m to 3 yrs) S4K Cubs (3 to 5 yrs) S4K Lions (5 to 7 yrs)	Miss Diakte & Miss Diakte Mr Toms Miss Woosey
	<b>S4K Tennis</b> S4K Toddlers (18m to 3 yrs) S4K Diddis (3 to 5 yrs)	Mr Marlow Mr Marlow

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ACCESS**



**TV**