

## YOGA (Members get yoga for free!)

### Strala BASICS £8

This class provides a simple flow that builds body awareness, while calming and focusing your mind. You'll feel refreshed, confident and happily capable. Perfect for beginners!

### Strala GENTLE £8

This gentle flow focuses on opening and strengthening your body while calming your mind. You'll create a healthy balance between strength and flexibility, stability, and mobility.

### Strala ENERGISE £8

This moving flow invigorates your body and mind while resting attention calmly on your breath. You'll be left feeling awake and energised!

### Strala CORE £8

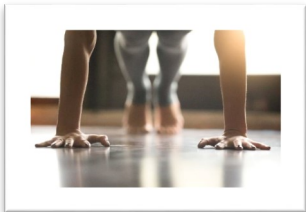
This targeted yoga class focuses on strengthening your core. It's fun, feels amazing and is far more effective than crunches! You'll be getting every inch of your body working together to build all-over strength.

### Strala RELAX £8

For a whole hour you'll be working on a moving flow focused on releasing tension from your body and mind. You'll drop the stress and feel revitalised.

### Kids Yoga £5

This awesome yoga class is perfectly made to meet the needs of your little ones. Each week, we follow the story of a children's book and work together through yoga poses and breathing.



## SPREAD THE COST OF CLIMBING

### Climbing Membership

If you're serious about your training you'll know that climbing regularly is important which is why we've created a monthly membership so you can climb when you want, for as long as you want.

At just £45 a month you'll not only get ridiculously affordable climbing but you'll also get **10% off** all classes, food & drink, and shop purchases.

### 10 Pass Punchcards

Not quite ready for a membership? Worry not, we've still got you. Our 10 pass punchcards are £64 and offer the benefit of discounted climbing without the commitment of a membership. We'll also throw in your 11th session for free!

### Pizza & Climb for £10!

Unlimited climbing and delicious pizza - if that's not a match made in heaven we don't know what is. Join us on a Wednesday night for some serious crushing and some serious eats.



## OPENING TIMES

MON-THURS: 10am-10pm

FRIDAY: 10am-9pm

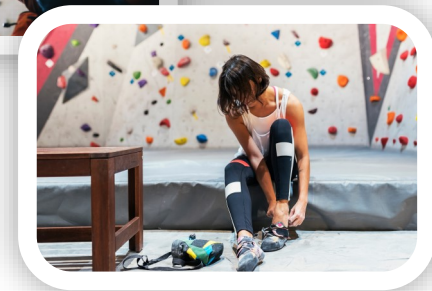
SAT & SUN: 9am-8pm

BANK HOLIDAYS: 9am-8pm



## Timetable

# 2019



[www.corbyclimbing.co.uk](http://www.corbyclimbing.co.uk)

01536 605210



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Boulder Bears 5-6.30pm	Corby Climbing Academy 6-8pm	Boulder Bears 5-6.30pm Teen Coaching 7,00-8.00pm Pizza & Climb 6,00-9.00pm	Corby Climbing Academy 5-7pm Women's Coaching 7-9pm	Free Fridays ALL DAY	Boulder Bears 9.30-11.00am Corby Climbing Academy 11am-1pm	Parent & Tots 10-11am iDID Inclusive Climbing Club 10am-12pm
Strala CORE 7-8pm	Strala RELAX 7-8pm	Kids Yoga 4-4.45pm Strala BASICS 6.30-7.30pm	Strala GENTLE 10-11am Strala ENERGISE 6-7pm		Strala ENERGISE 10-11am	

**Introduction to Bouldering:** These sessions are designed with over 18's beginners in mind. Let our coaches show you the basics of our sport in this introduction to bouldering. The price includes your entry fee so once you've completed the session you can just carry on climbing. Hire not included. **Cost: £10**

**Parent & Tots Climbing (0-4yrs):** Want to climb with your little one? This coach supervised session will allow you to share the experience of climbing with your toddler. Our staff will be on hand to help out so you can get some time on the wall too! **Cost: £8**

**Inclusive Climbing Club (12+yrs):** Our Inclusive Climbing club is aimed at young people with additional sensory, learning, physical and emotional needs and is run by iDID Adventure. For booking, please contact [info@ididadventure.co.uk](mailto:info@ididadventure.co.uk)

**Boulder Bears (5-7yrs):** Can't keep your youngsters still? Our Boulder Bears club is perfect for those energetic kids to start learning the skills of rock climbing. These sessions are led by our qualified coaching team. It is a great way to get climbers ready to take on their NIBAS awards and to have fun! **Cost: £10**

**Corby Climbing Academy (8-13yrs):** Our youth academy supports young people to develop a wide range of skills including route reading, movement and technique. It is also a great opportunity to build your child's confidence and self-esteem. **Cost: £15**

**Teen Coaching (14-18yrs):** Ditch the parents and hang out with your friends whilst getting top tips and advice on improving your climbing skills. These sessions are for climbers aged 14-18yrs. **Cost £10** (Includes entry fee)

## BOOK ONLINE

All of our classes can be booked on our website [www.corbyclimbing.co.uk](http://www.corbyclimbing.co.uk)