



Monday 2nd April 2018 – Friday 22nd June 2018

	16.00	17.00	18.00	19.00	20.00	21.00-21:30	
Mon	Courts Available	Courts Available	FB-X # (18:00 – 18:30)		Basketball 15+ Adults (20:15 – 21:15)		
			Indoor Cycling # (18:30 -19:30)				
		Climbing Lesson Age 5 - 7	Climbing Lesson Age 8 - 12	Climbing Lesson Age 12 -Adults			
<u>Climbing Wall</u> Mon:16.15 – 20.00 Tue: 17:15 - 21.15 Wed:17.15 – 21.15 Thurs: 19:15 - 21.15 Fri: 17.00 - 20.15 Sat: 13.15 - 15.30 Sun: 10.15 - 15.30 Subject to availability. Please phone to check. 01445 712345 Access subject to Conditions of Use. Call for details. E.g. registration essential must be adult competent climber.		Tue	Courts Available	Circuits #	Dance Fit # low impact (19:15 – 20:00)	Social Climbing (19:45 – 21:15)	
						Badminton Club 12+ Adults (20:15 – 21:15)	
		Wed	Courts Available	Game Fit # (18:00 – 18:30)	Martial Arts (18:30 – 20:30)		Courts Available
					Indoor Cycling # (18:30 – 19:30)		
		Thur	Courts Available	Archery 9yrs-Adult	Step # 19:15 – 20:00	Courts Available	
						Social Climbing (19:45 – 21:15)	
	14:00 – 15:30	15:30 – 17:30	17:30 – 18:30	18:30 – 19:00	19:00 – 19:30	19:30 – 20:30	20:30 – 21:30
Fri	Active Schools	Courts Available	Freestyle Free-weights (workshop)	Fab Abs #	Stretch & Flex #	Courts Available	The Den
	10.00	11.00 - 13.00		13.00 - 15.00		15.00 – 16:00	
Sat	Active Schools	Courts Available				Family Fun Age 0-12yrs	
Sun	Family Fun Age 0-12yrs		Courts Available				

Age 12+, on the condition that under 15s are accompanied by a responsible adult Booking for classes permitted 1 week in advance

Wellbeing Hours are Mon 16.00-17.00, Fr 17.00-18.00 & Sat 13.00-14.00 All £1.00 Per Activity PP

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