

## Multi Activity Morning December 2019

Thursday 5<sup>th</sup> December 2019

<u>Activity</u>	<u>Time</u>	<u>Location</u>
Badminton	09:30 – 12:00	Badminton Hall (Court 1-4)
Cardio Machines and Table Tennis	09:30 – 12:00	Cricket Hall
Swimming	09:30 – 12:00	Swimming Pool (Lanes 7 & 8)
Exercise Class (Pilates with Charlotte)	11:20 – 12:05	Studio

Thursday 12<sup>th</sup> December 2019

<u>Activity</u>	<u>Time</u>	<u>Location</u>
Badminton	09:30 – 12:00	Badminton Hall (Court 1-6)
Cardio Machines and Table Tennis	09:30 – 12:00	Sports Hall 2 (Court 7)
Pickleball	09:30 – 12:00	Sports Hall 2 (Court 8)
Swimming	09:30 – 12:00	Swimming Pool (Lanes 7 & 8)
Exercise Class (Circuits with Charlotte)	11:20 – 12:05	Studio

Thursday 19<sup>th</sup> December 2019

<u>Activity</u>	<u>Time</u>	<u>Location</u>
Badminton	09:30 – 12:00	Badminton Hall (Court 1-6)
Cardio Machines and Table Tennis	09:30 – 12:00	Sports Hall 2 (Court 7)
Pickleball	09:30 – 12:00	Sports Hall 2 (Court 8)
Swimming	09:30 – 12:00	Swimming Pool (Lanes 7 & 8)
Exercise Class (Stretch with Charlotte)	11:20 – 12:05	Studio
Christmas Party	12:15 – 14:00	Cricket Hall