

Multi Activity Morning November 2019

Thursday 7th November 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)
Climbing Taster Sessions (David Watson)	10:30 – 11:15 11:15 – 12:00	Climbing Wall
Exercise Class (Pilates with Charlotte)	11:20 – 12:05	Studio

Thursday 14th November 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)
Climbing Taster Sessions (David Watson)	10:30 – 11:15 11:15 – 12:00	Climbing Wall
Exercise Class (Circuits with Charlotte)	11:20 – 12:05	Studio

Thursday 21st November 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

Thursday 28th November 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 (Full Body Conditioning with Charlotte)	11:20 – 12:05	Studio