

Multi Activity Morning September 2019

Thursday 5th September 2019

<u>Activity</u>	<u>Time</u>	<u>Location</u>
Badminton	09:30 – 12:00	Badminton Hall (Court 1-4)
Badminton	09:30 – 12:00	Sports Hall 2 (Court 5 & 6)
Pickleball (with Peter Simmons)	09:30 – 12:00	Sports Hall 2 (Court 7 & 8)
Swimming	09:30 – 12:00	Swimming Pool (Lanes 7 & 8)
Exercise Class (Pilates with Charlotte)	11:20 – 12:05	Studio

Thursday 12th September 2019

<u>Activity</u>	<u>Time</u>	<u>Location</u>
Badminton	09:30 – 12:00	Badminton Hall (Court 1-4)
Badminton	09:30 – 12:00	Sports Hall 2 (Court 5 & 6)
Pickleball (with Peter Simmons)	09:30 – 12:00	Sports Hall 2 (Court 7 & 8)
Swimming	09:30 – 12:00	Swimming Pool (Lanes 7 & 8)
Exercise Class (Circuits with Charlotte)	11:20 – 12:05	Studio

Thursday 19th September 2019

<u>Activity</u>	<u>Time</u>	<u>Location</u>
Badminton	09:30 – 12:00	Badminton Hall (Court 1-4)
Badminton	09:30 – 12:00	Sports Hall 2 (Court 5 & 6)
TBC	09:30 – 12:00	Sports Hall 2 (Court 7 & 8)
Swimming	09:30 – 12:00	Swimming Pool (Lanes 7 & 8)
Exercise Class (Stretch with Charlotte)	11:20 – 12:05	Studio

Thursday 26th September 2019

<u>Activity</u>	<u>Time</u>	<u>Location</u>
Badminton	09:30 – 12:00	Badminton Hall (Court 1-4)
Badminton	09:30 – 12:00	Sports Hall 2 (Court 5 & 6)
TBC	09:30 – 12:00	Sports Hall 2 (Court 7 & 8)
Swimming	09:30 – 12:00	Swimming Pool (Lanes 7 & 8)
Exercise Class (Full Body Conditioning with Charlotte)	11:20 – 12:05	Studio