

## Multi Activity Morning March 2020

### Thursday 5<sup>th</sup> March 2020

<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 (Pilates with Charlotte)	11:20 – 12:05	Studio

### Thursday 12<sup>th</sup> March 2020

<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 Tone with Charlotte)	11:20 – 12:05	Studio

### Thursday 19<sup>th</sup> March 2020

<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 26<sup>th</sup> March 2020

<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