



TUESDAY 1st SEPTEMBER – FRIDAY 16th OCTOBER

	SWIM <i>(Lane Swimming & Aqua Fitness)</i>		FAMILY SWIM
Monday	07:30 – 08:30	19:00 – 20:00	
Tuesday	07:30 – 08:30 Lane Swimming		
	08:30 – 09:15 Aqua Fitness		
Wednesday		18:30 – 19:30	
Thursday			
Friday			
Saturday	08:00 – 08:45		
Sunday	08:00 – 08:45	13:00 – 14:00	14:30 – 15:30

COURT BOOKINGS
TENNIS / SQUASH / BADMINTON / PICKLEBALL FOR ALL COURT AVAILABILITY PLEASE CHECK SPORTSKEY (SHOWN UNDER ‘PROGRAMS’)

	FITNESS CLASSES			GYM
Monday	Bootcamp 06:30 - 07:15	Bootcamp 07:30 - 08:00	Coach Led Fitness <i>(Gym Floor – drop in)</i> 18:00 - 20:00	06:30 - 07:15 18:00 - 21:45
Tuesday	Hatha Flow Yoga 07:00 – 08:00	Aqua Fitness <i>(Pool)</i> 08:30 – 09:15	Circuits 18:45 - 19:30	06:30 - 07:15 18:00 - 21:45
Wednesday	Sweat & Shape 06:30 - 07:15	**NEW** Bodytone 07:30 – 08:00	Hatha Flow Yoga 19:30 - 20:30	06:30 - 07:15 18:00 - 20:45
Thursday	Hybrid <i>(Outdoors)</i> 06:30 - 07:15	Hybrid <i>(Outdoors)</i> 07:30 - 08:00	** NEW** Hatha Flow Yoga 18:00 - 19:00 Starts 10 th September	06:30 - 07:15 18:00 - 21:45
Friday	**NEW** Bodytone 06:30 - 07:15	Sweat & Shape 07:30 - 08:00	Indoor Cycling 18:00 – 18:45	06:30 - 07:15 18:00 - 20:45
Saturday	Bootcamp <i>(Outdoors)</i> 08:30 - 09:15			08:00 - 12:00 16:00 - 17:45
Sunday				08:00 - 17:45

EXCEPTIONS / NOTICES	INDOOR TENNIS COURTS CLOSED <i>Swim sessions and Fitness classes open to 16yrs+. Latest updates on pool / class / court bookings can be found on  SportsKey</i>
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