

WHAT'S ON?

All facilities will be FREE to everyone, all day!

SATURDAY 27TH JANUARY 09:00-13:00

STUDIO 1	STUDIO 2	GYMNASIUM	FITNESS YARD	SQUASH
BUGGY FIT / PARENT & BABY PILATES 09:00-10:00 POWER YOGA 10:15-11:15 HEALTH TAI CHI 11:45-12:45	INDOOR CYCLING 09:15-10:00 VIRTUAL INDOOR CYCLING 10:30-11:15 VIRTUAL INDOOR CYCLING 11:45-12:30	BODY PUMP 09:00-10:00 STEP AEROBICS 10:30-11:30 TRX 12:00-12:45	BOOTCAMP 08:00-08:45 JUNIOR CIRCUITS (10+ YEARS) 09:15-10:00 HIIT 10:30-11:15 POWER HOUR 11:45-12:45 FITNESS SUITE FREE DROP IN 07:00-18:00 SENIOR GYM 11:00-12:00	FREE DROP IN 07:00-18:00 ADULT SQUASH MORNING 09:00-11:00 JUNIOR SQUASH (8+ YEARS) 11:30-12:00 ADULT 1:1 LESSON 12:15-12:30 ADULT 1:1 LESSON 12:45-13:00
SWIMMING POOL		SPORTS HALL		
LANE SWIMMING 07:00-07:40 FAMILY SWIM 16:45-17:45	LANE & SOCIAL SWIMMING 11:45-16:30 FAMILY SWIM 16:45-17:45	SOCIAL RACKET SPORTS BADMINTON, PICKLEBALL, TABLE TENNIS 09:00-13:00	JUMP 'N' PLAY 09:15-10:15 10:30-11:30 11:45-12:45	

Jump 'N' Play is suitable for juniors up to the age of 6 years

SUNDAY 28TH JANUARY 09:00-13:00

STUDIO 1	STUDIO 2	GYMNASIUM	FITNESS YARD	SQUASH
PILATES 09:30-10:30 YOGA 10:45-11:45 HEALTH TAI CHI 12:00-13:00	INDOOR CYCLING 09:00-09:45 VIRTUAL INDOOR CYCLING 10:30-11:15 VIRTUAL INDOOR CYCLING 11:45-12:30	BODY COMBAT 09:15-10:15 DANCE FUSION 10:45-11:45 BODY BALANCE 12:00-13:00	BOOTCAMP 08:00-08:45 FAMILY CIRCUITS (12+ YEARS) 09:15-10:00 BOXFIT 10:30-11:30 KETTLEBELLS 12:00-12:45 FITNESS SUITE FREE DROP IN 07:00-18:00 TEEN GYM 11:00-11:45	FREE DROP IN 07:00-18:00 JUNIOR SQUASH (5+ YEARS) 09:00-09:30 ADULT 1:1 LESSON 09:45-10:00 JUNIOR SQUASH (6-8 YEARS) 10:15-10:45 ADULT 1:1 LESSON 11:00-11:15 JUNIOR SQUASH (9-11 YEARS) 11:30-12:00 ADULT 1:1 LESSON 12:15-12:30 12:45-13:00
SWIMMING POOL		SPORTS HALL		
LANE SWIMMING 07:00-09:15 FAMILY SWIM 09:30-10:15	FAMILY SWIM 10:45-11:30 LANE & SOCIAL SWIMMING 11:45-17:45	SOCIAL RACKET SPORTS BADMINTON, PICKLEBALL, TABLE TENNIS 09:00-13:00	JUMP 'N' PLAY 09:30-10:15 10:30-11:30 11:45-12:45	

Jump 'N' Play is suitable for juniors up to the age of 6 years

SCAN HERE TO BOOK:

