

## Multi Activity Morning October 2019

### Thursday 3<sup>rd</sup> October 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 (Pilates with Charlotte)	11:20 – 12:05	Studio

### Thursday 10<sup>th</sup> October 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 (Circuits with Charlotte)	11:20 – 12:05	Studio

### Thursday 17<sup>th</sup> October 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 24<sup>th</sup> October 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 (Step with Charlotte)	11:20 – 12:05	Studio

**Multi Activity Morning**  
**October 2019**

**Thursday 31<sup>st</sup> October 2019**

<b><u>Activity</u></b>	<b><u>Time</u></b>	<b><u>Location</u></b>
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)
Exercise Class (Full Body Conditioning with Charlotte)	11:20 – 12:05	Studio

*Please note: There is no Swimming on this date due to half-term activities.*