

SPORTS HALL

TIMETABLE

*Not included in Gold Memberships

	TIME	ACTIVITY	HALL SIDE	INSTRUCTOR
MON	16:00 - 16:55	Beginners Gymnastics*	Left Half	Fran
	17:00 - 17:55	Intermediate Gymnastics*	Left Half	Fran
	18:00 - 18:55	Advanced Gymnastics*	Left Half	Fran
	19:00 - 19:45	Circuits	Whole Hall	Fitness Team
TUES	16:00 - 16:55	Beginners Gymnastics*	Left Half	Fran
	17:00 - 17:55	Intermediate Gymnastics*	Left Half	Fran
	18:00 - 18:55	Advanced Gymnastics*	Left Half	Fran
	19:00 - 19:55	Elite Gymnastics*	Left Half	Fran
	16:00 - 17:00	Junior Basketball (8 Years+)	Right Half	Paul
	17:00 - 17:45	Junior Basketball (8 Years+)	Right Half	Paul
	18:00 - 18:45	Circuits	Right Half	Alex
WEDS	16:00 - 16:55	Beginners Gymnastics*	Left Half	Fran
	16:00 - 17:00	Junior Netball (8 Years+)	Right Half	Chantelle
	17:00 - 17:55	Intermediate Gymnastics*	Left Half	Fran
	18:00 - 20:00	Tae Kwon-Do*	Right Half	Jane
	18:30 - 19:30	Kickboxing (6-8 Years)	Left Half	Mel
	19:30 - 20:30	Kickboxing (9+ Years)	Left Half	Mel
THURS	16:00 - 16:55	Beginners Gymnastics*	Left Half	Fran
	17:00 - 17:55	Intermediate Gymnastics*	Left Half	Fran
	18:00 - 18:55	Advanced Gymnastics*	Left Half	Fran
	16:00 - 17:00	Junior Cricket (8 Years+)	Right Half	Lewis
	17:00 - 19:30	Pickleball*	Right Half	Olly
	20:00 - 22:00	Wessex Badminton Club*	Whole Hall	Simon/Alice
FRI	16:00 - 17:00	Junior Racquets (8 Years+)	Right Half	Diogo
	17:00 - 18:00	Junior Racquets (8 Years+)	Right Half	Diogo
	18:00 - 20:00	Tae Kwon-Do*	Right Half	Jane
SAT	08:00 - 08:45	Circuits	Whole Hall	Natalie
	09:00 - 09:45	Abs Revolution	Whole Hall	Natalie