

# SPORTS HALL

## TIMETABLE

\*Not included in Gold Memberships

|              | TIME          | ACTIVITY                     | HALL SIDE  | INSTRUCTOR  |
|--------------|---------------|------------------------------|------------|-------------|
| <b>MON</b>   | 16:00 - 16:55 | Beginners Gymnastics*        | Left Half  | Fran        |
|              | 16:00 - 17:00 | Team Games                   | Right Half | Chantelle   |
|              | 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 | Ellie       |
| <b>TUES</b>  | 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 | Jamie M     |
| <b>WEDS</b>  | 16:00 - 17:00 | Junior Netball (8 Years+)    | Whole Hall | Chantelle   |
|              | 18:00 - 20:00 | Tae Kwon-Do*                 | Right Half | Jane        |
|              | 18:00 - 19:00 | Kickboxing (4-15 Years)      | Left Half  | Mel         |
|              | 19:00 - 20:00 | Ladies Kickboxing            | Left Half  | Mel         |
| <b>THURS</b> | 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       |
|              | 20:00 - 22:00 | Wessex Badminton Club*       | Whole Hall | Simon/Alice |
| <b>FRI</b>   | 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        |
| <b>SAT</b>   | 08:00 - 08:45 | Circuits                     | Whole Hall | Jamie M     |
|              | 09:00 - 09:45 | Body Combat                  | Whole Hall | Jaime       |
| <b>SUN</b>   | 09:00 - 10:30 | Supa Strikers*               | Left Half  | Dan         |