|  |  |  |  |
| --- | --- | --- | --- |
| **Day** | **Time** | **Class** | **Instructor** |
| **Monday** | **0830 – 1015** | **Badminton – Drop In**  | **Sports Hall** |
|  | **1030 – 1130** | **Energy Boost**  | **Joyce**  |
|  | **1145 – 1315** | **Badminton – Drop In** | **Sports Hall** |
|  | **1400 – 1500** | **Fit for Life** | **Rosemary** |
|  | **1815 – 1915** | **Bar & Bike** | **Jim** |
|  | **1930 – 2030** | **Pilates** | **Catherine** |
|  |  |  |  |
| **Tuesday** |  |  |  |
|  | **0830 – 1000** | **Pickle Ball – Drop In** | **Sports Hall** |
|  | **1030 – 1130** | **Stable & Strong**  | **Rosemary** |
|  | **1300 – 1500** | **Table Tennis – Drop In** | **Sports Hall**  |
|  | **1730 – 1815**  | **Spin in the Dark**  | **Laura** |
|  | **1830 – 1915** | **Top to Toe Tone**  | **Joyce** |
|  |  |  |  |
| **Wednesday** | **0830 – 1015** | **Badminton – Drop In** | **Sports Hall** |
|  | **1030 – 1130** | **Full Body Powerhouse** | **Joyce** |
|  | **1145 – 1300** | **Pickle Ball – Drop In** | **Sports Hall** |
|  | **1815 – 1900** | **Multi Function Fitness** | **Jim** |
|  | **1910 – 1930** | **Core**  | **Jim** |
|  | **1930 – 1950**  | **Deep Stretching**  | **Jim**  |
|  |  |  |  |
| **Thursday** | **0930 – 1030** | **Yoga** | **Laura** |
|  | **1400 – 1500** | **Fit for Life** | **Rosemary** |
|  | **1815 – 1915** | **Classic Circuits**  | **Jim** |
|  | **2000 – 2200** | **Badminton – Drop In** | **Sports Hall** |
|  |  |  |  |
| **Friday** | **0730 – 0800** | **Spin in the Dark** | **Laura** |
|  | **0830 – 1015** | **Badminton – Drop In** | **Sports Hall** |
|  | **0930 – 1030** | **Yoga** | **Catherine** |
|  | **1100 – 1200**  | **Stable & Strong**  | **Rosemary** |
|  |  |  |  |
| **Saturday** | **0915 – 1015** | **Circuits**  | **Cory**  |
|  | **1330 – 1530** | **Table Tennis – Drop In** | **Sports Hall** |
| **Sunday** | **1000 – 1230** | **Pickle Ball – Drop In** | **Sports Hall** |
|  | **1700 – 2000** | **Badminton Club Training** |  **Sports Hall** |