

Open Day Timetable - ALL activities £2 (unless covered by memberships)

Pool

Family swims all day on the below times

12:30pm - 1:25pm, 1:30pm - 2:25pm, 2:30pm - 3:25pm, 3:30pm - 4:25pm, 4:30pm - 5:25pm, 5:30pm - 6:25pm

Sea Scooters - 12:30 – 1pm & 1pm – 1:30pm

Sports Hall

11am – 11:45pm – Children's badminton coaching

12 pm – 12:45pm- Adult and children coaching

1pm-10pm – Table Tennis & Badminton all day on the hour every hour

Football Pitches

8am – 10pm – On the hour every hour – 5-aside and 8-aside pitches

Bubble Football - 11am – 12pm – **Ages 12+**

Battle Archery – 2pm – 3pm - **Ages 12+**

Group Exercise

8:15am – Group cycling	8:15am – Kettle bells	9:10am – Zumba	9:15am – Group cycling
10:10am - Step	10:15am – Virtual group cycling	10:15am – Body Combat	11:15am – Virtual group cycling
11:15am – Body Pump	12:15pm - Virtual group cycling	12:15pm – Body Balance	1pm – Dance Fitness Taster
1:15pm - Virtual group cycling	1:15pm – Pilates	3:15pm - Virtual group cycling	3:20pm – Virtual Body Pump
4:15pm – Virtual Body Combat	5:15pm – Virtual Core	6pm – Virtual Body Balance	6:15pm - Virtual group cycling
7:15pm - Virtual group cycling	7:15pm – Virtual Body Combat	8:15pm - Virtual group cycling	8:30pm – Virtual Core

Gym sessions

8am – 10pm

Fire Engine

Not bookable but will be outside to see at 2pm – fire emergencies permitting