

Tuesday	Time	Level
Trampolining	6:00pm - 7:00pm	Beginners (course)
Trampolining	7:00pm - 8:00pm	Advanced (course)
Tae Kwon-Do*	6:30pm - 7:30pm	All abilities
Badminton Club (Sept-May)	8:00pm - 10:00pm	14yrs+ All abilities

Thursday	Time	Level
Gymnastics	4:45pm - 5:45pm	5yrs+ All abilities
Chris Webster Soccer	6:00pm - 7:00pm	5-10yrs All abilities

Friday	Time	Level
Tae Kwon-Do*	7:00pm - 8:00pm	All abilities

Saturday	Time	Level
Junior Badminton	9:30am - 10:30am	Beginners
Junior Badminton	10:30am - 11:30am	Improvers

Sunday	Time	Level
5-a-side football league	Ask at reception for details	

**Limited places available on courses please book in advance**

\* Please note these are external bookings and not included in membership benefits.