

# Activity Timetable

	Time	Class	Age
Mon	18.30-21.45 17.45-21.45	Downland Badminton club Use of Gym	New members welcome Junior & Senior 16 Years+. Please call Centre for details on joining.
Tue	19.15-20.00  17.45-21.45	Circuit Training  Use of Gym	14 Years+. Turn up sessions - no need to book. 16 Years+. Please call Centre for details on joining.
Wed	19.30-21.45 17.45-21.45	Downland Badminton Club Use of Gym	New members welcome senior. 16 Years+. Please call Centre for details on joining.
Thu	15.30-16.30 18.00-20.00 20.15-21.45 17.45-21.45	Junior Gym Heights Trampoline Club Indoor Bowls Club Use of Gym	11-16 Years. Pre booking required. 11 Years+. New members welcome. 14 Years+. New members welcome. 16 Years+. Please call Centre for details on joining.
Fri	17.15-18.00  18.00-18.45  18.45-19.30  19.30-20.30  17.45-21.45	Trampolining  Trampolining  Trampolining  Trampolining  Use of Gym	2-5 Years (6 week course) Pre booking required. 5-8 Years (6 week course) Pre booking required. 9-14 Years (6 week course) Pre booking required. 15 Years+ (6 week course) Pre booking required. 16 Years+. Please call Centre for details on joining.
Sat	11.00-12.00	Zumba	16 Years+.

