



SPORTS HALL

MON	09.15-10.00	Bums & Tums	THUR	09.00-11.30	Leisurely Lifestyles	
	09.30-11.30	Totzone		16.00-19.00	Charlton Challenge	
	10.15-12.15	Mixed Badminton		20.00-21.00	Circuits	
	11.45-12.00	Gymzone		21.00-22.00	Kickboxing	
	12.30-13.30	Jumpzone		FRI	09.00-12.30	Leisurely Loggers
	13.30-14.30	Gymzone			13.00-14.00	Totzone
	16.00-19.00	Charlton Challenge			14.00-19.00	Gymzone
	19.00-20.00	Junior Jujitsu			16.00-17.30	Charlton Challenge
	19.30-21.30	Fencing			17.30-19.30	Junior Basketball
	20.00-21.30	Jujitsu			19.15-21.15	Tae Kwon Do*
21.00-22.30	Mixed Badminton	SAT	09.30-12.15	Toddler Soccer		
TUES	09.00-12.30		Leisure Loggers	09.30-14.15	Gymzone	
	09.30-11.30		Totzone	12.30-15.30	Party Zone	
	11.45-12.30		Gymzone	SUN	09.30-12.30	Jumpzone
	12.30-13.30	Jumpzone	15.30-18.30		Karate*	
	13.30-15.00	Toddler Soccer	*These sessions take place in the Aerobics Studio			
	16.00-18.15	Charlton Challenge				
	17.00-19.00	Junior Badminton				
	19.30-20.30	Circuits				
21.00-22.00	Kickboxing					
WED	09.15-10.00	Bums & Tums				
	10.00-12.00	60+ Table Tennis*				
	10.00-12.00	Mixed Badminton				
	10.15-11.00	Toddler Soccer				
	16.00-19.00	Charlton Challenge				