

Term Time

KEY TO ACTIVITY AREAS
SH Sports Hall DD Dry Dive

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
09:00 - 10:00						Gymnastics (SH) Gymnastics (SH)	
09:00 - 10:00						Trampolining (SH) Trampolining (SH)	
09:30 - 10:30	Parent and Toddler Gym & Trampolining (SH)	Pre-School Gym & Trampolining (SH)	Pre-School Gymnastics (SH)	Pre-School Gymnastics (SH)	Pre-School Gym & Trampolining (SH)		
09:30 - 10:30				Bounce-Fit (SH)			
10:00 - 11:00						Gymnastics (SH)	
10:00 - 11:00						Trampolining (SH)	
10:30 - 11:30	Pre-School Gymnastics (SH)	Parent and Toddler Gym & Trampolining (SH)	Parent and Toddler Gymnastics (SH)	Parent and Toddler Gym & Trampolining (SH)	Parent and Toddler Gym & Trampolining (SH)		
10:30 - 11:30	Pre-School Trampolining (SH)						
11:00 - 12:00						Gymnastics (SH)	
11:00 - 12:00						Trampolining (SH)	
11:30 - 12:30	Gymnastics (SH)	Moveability (SH)					
11:30 - 12:30	Trampolining (SH)						
12:00 - 13:00	Bounceability (DD)			Bounceability (DD)		Gym & Trampolining (SH)	
12:30 - 13:30	Gymnastics (SH)	Gymnastics (SH)					
12:30 - 13:30	Gymnastics (SH)	Trampolining (SH)					
12:30 - 13:30	Trampolining (SH)						
12:30 - 13:30	Trampolining (SH)						
13:00 - 14:00						Gymnastics (SH)	
13:00 - 14:00						Teen Trampolining (SH)	
13:30 - 14:30		Gymnastics (SH)					
13:30 - 14:30		Gymnastics (SH)					
13:30 - 14:30		Trampolining (SH)					
13:30 - 14:30		Trampolining (SH)					
14:00 - 15:00						Gymnastics (SH)	
14:00 - 15:00						Adult Trampolining (SH)	
15:30 - 16:30		Gymnastics (SH)		Gymnastics (SH)			
15:45 - 16:45	Gymnastics (SH)						
16:30 - 17:30		Gymnastics (SH) Gymnastics (SH)		Gymnastics (SH) Gymnastics (SH)			
16:30 - 17:30		Trampolining (SH)		Trampolining (SH)			
17:30 - 18:30		Gymnastics (SH) Gymnastics (SH)		Gymnastics (SH) Gymnastics (SH)			
17:30 - 18:30		Trampolining (SH) Trampolining (SH)					

- UNDER 5
- PAY AS YOU GO
- BEGINNER
- INTER-MEDIATE
- ADVANCED
- DISABILITY SESSIONS
- ADULT MIXED ABILITY
- TEENAGERS

Please note that some activities are subject to change and availability - contact the Centre for up to date details.

Timetable correct as at September 2016. Please check public notice boards and www.everyoneactive.com for any timetable changes.