

FlowRider

Redcar & Cleveland Leisure and Community Heart

Monday	Tuesday	Wednesday	Thursday
07:00 - 08:30	07:00 - 08:30	07:00 - 08:30	07:00 - 08:30
08:30 - 10:00	08:30 - 10:00	08:30 - 10:00	08:30 - 10:00
10:00 - 11:30	10:00 - 11:30	10:00 - 11:30	10:00 - 11:30
11:30 - 13:00	11:30 - 13:00	11:30 - 13:00	11:30 - 13:00
13:00 - 14:30	13:00 - 14:30	13:00 - 14:30	13:00 - 14:30
14:30 - 16:00	14:30 - 16:00	14:30 - 16:00	14:30 - 16:00
16:00 - 17:30	16:00 - 17:30*	16:00 - 17:30	16:00 - 17:30*
17:30 - 19:00	17:30 - 19:00	17:30 - 19:00	17:30 - 19:00
19:00 - 20:30	19:00 - 20:30	19:00 - 20:30	19:00 - 20:30

*After school club

Timetable correct as at October 2017.

Please check www.everyoneactive.com for any timetable changes.

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Redcar & Cleveland Leisure and Community Heart

Friday	Saturday	Sunday
07:00 - 08:30		
08:30 - 10:00	08:30 - 10:00	08:30 - 10:00
10:00 - 11:30	10:00 - 11:30	10:00 - 11:30
11:30 - 13:00	11:30 - 13:00	11:30 - 13:00
13:00 - 14:30	13:00 - 14:30	13:00 - 14:30
14:30 - 16:00	14:30 - 16:00	14:30 - 16:00
16:00 - 17:30	16:00 - 17:30	16:00 - 17:30
17:30 - 19:00		17:30 - 19:00

Timetable correct as at October 2017.

Please check www.everyoneactive.com for any timetable changes.