

Monday		TERM TIME PROGRAMME	HOLIDAY PROGRAMME (SEE DATES OPPOSITE**)
1.30pm - 3.30pm	Forest Spa	✓	✓
1.45pm - 2.45pm	Yoga	✓	✗
	Swimming	✓	1.30pm-3.30pm
1.45pm-2.30pm	Zumba/Dance	✓	✓
2.30pm - 3.15pm	Zumba/Dance	✓	✓
2.00pm - 3.30pm	Badminton	✓	✓
	Short Tennis	✓	✓
Tuesday			
9.30am - 12noon	Forest Spa	✓	✓
	Table Tennis	✓	✓
	Racquetball	✓	✓
	Squash	✓	✓
	Supervised Badminton (£1 extra)	✓	✓
Wednesday			
9.30am - 10.15am	Keep Fit	✓	✓
9.30am - 10.30am	Yoga	✓	✓
9.30am - 12noon	Badminton	✓	✓
	Forest Spa	✓	✓
	Racquetball	✓	✓
	Short Mat Bowls	✓	✓
	Short Tennis	✓	✓
	Squash	✓	✓
	Table Tennis	✓	✓
10.30am - 11.30am	Yoga	✓	✓
10.30am - 12noon	Swimming	✓	✓
12noon - 12.30pm	Splash Fit	✓	✗
Thursday			
1.30pm - 3.30pm	Swimming	✓	✓
	Forest Spa	✓	✓
Friday			
10.00am - 12noon	Forest Spa	✓	9.30am-11.30am
10.40am - 12noon	Swimming	✓	10.30am-11.30am