

Programme Changes

January to April 2019

Please note the following planned changes to the published schedules:

Swimming Pool details to follow shortly.

Please note the following class venue changes due to the new flooring works at TBSG Hall:

Mon 7 Jan: Bod Con (9:05) & Corumba (10:15) Sports Hall

Tue 8 Jan: Zumba (9:05) Sports Hall

Wed 9 Jan: Bod Con (9:05) & Zumba (10:15) Exercise Studio
(Power Walking 10:15 remains at TBSG)

Wed 9 Jan: Pilates (18:20) Pavilion Salle

Thu 10 Jan: Cardio (9:05) Exercise Studio

Fri 11 Jan: Bod Con (9:05) & Pilates (10:15) Exercise Studio
(Power Walking 10:15 remains at TBSG)

NEW CLASSES:

Box Fit with Orlene starts 19:30 Wed 9 Jan.

HIIT CARDIO WITH Lisa starts 19:45 Thu 10 Jan.

These classes will normally be held at TBSG Hall but the first sessions on 9 & 10 Jan will be in the Pavilion Salle.

Mon 14 to Fri 18 January, Squash Courts closed for corridor flooring works.

Sun 20 January – No String Badminton Cancelled (due to special event)

Sat 16 to Sun 24 February – DC Half term

Sat 30 March to Tue 23 April – DC Easter Holiday.

Holiday opening schedules to follow in due course.

Fri 19 & Mon 22 April – Sports Club Closed for Public Holidays

The Sports Club Team