

Time	Class	Location
09:15-10:45	Forever Active - Table Tennis	Sports Hall
09:30-10:25	Forever Active - Gym Session	Gym
10:00-12:00	Forever Active - Tennis	Multi Courts 2,3,4,5
11:00-12:30	Forever Active - Table Tennis	Sports Hall
11:30-12.25	Forever Active - Gym Session	Gym
12:00-13:00	Forever Active - Tai Chi	Studios 2 & 3
12:30-13:25	Forever Active - Gym Session	Gym
13:00-15:15	Forever Active - Badminton	Sports Hall
13:15-14:15	Forever Active - Zumba	Studios 2 & 3
14:30-15:30	Forever Active - Pilates	Studios 2 & 3

Time	Class	Location
09:15-10:45	Forever Active - Table Tennis	Sports Hall
09:00-11:00	Forever Active – Advanced Tennis	Multi Courts 2,3,4,5
09:30-10:25	Forever Active - Gym Session	Gym
09:30-10:30	Forever Active - Tai Chi	Studio 2 & 3
10:45-11:45	Forever Active - Keep Fit	Studio 2 & 3
10:45-11:30	Forever Active - Indoor Cycling	Cycling Studio
11:00-13:00	Forever Active – Intermediate Tennis	Multi Courts 2,3,4,5
11:00-12:30	Forever Active - Table Tennis	Sports Hall
11:30-12:25	Forever Active - Gym Session	Gym
12:00-13:00	Forever Active - Pilates	Studio 2 & 3
12:30-13:25	Forever Active - Gym Session	Gym
13:30-15:45	Forever Active - Badminton	Sports Hall
13:30-14:30	Forever Active - Aerobics	Studio 2 & 3
15:00-16:00	Forever Active - Yoga	Studio 2 & 3