

April Active Life Timetable

Friday 5th April	9am—11:30am	8am - 11.30am: 1/2 Sports Hall (Badminton & Table Tennis)
	(David)	9am - 11:30am: Whole Pool & Sauna
		9am - 11am:Clay Tennis Courts
		9am—11:30am :Gym
		10am—11am: Yoga in 1/2 Sports Hall
Friday 12th April	7:30am—10am	7:30am—9.30am: Sports Hall (Badminton & Table Tennis)
	(David)	7:30am—10am: Whole Pool & Sauna
		7:30am—10am:Clay Tennis Courts
		7:30am—10am:Gym
		8am—9am: Yoga
Friday 19th April		No Session as Good Friday—Happy Easter
(Good Friday)		
Friday 26th April	9am—11:30am	9am - 11.30am: Sports Hall (Badminton & Table Tennis)
	(David)	9am - 11:30am: Whole Pool & Sauna
		9am - 11am:Clay Tennis Courts
		9am—11:30am :Gym
		10am—11am: Yoga

- Active Movers Monday's at 10am £6 per session (You must have attended active life on the previous Friday & You can book anytime after attending the above session)
- Aqua Wednesday's at 8.30am—£6 per session (You can book up to 24 hours in advance)

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