

Monday

Time	Class	Location
09:00-16:00	Forever Active – Gym Session	Gym
09:00-12:30	Forever Active – Table Tennis	Main Hall
09:30-10:00	Forever Active – Circuits	Gym
09:30-12:00	Forever Active – Kurling	Meeting Room *
10:00-12:00	Forever Active – Tennis	Multi Courts
10.10-11:10	Forever Active – Steady & Strong	Studio 1
11:20-12:20	Forever Active – Ballet Stretch	Studio 1
12:30-13:30	Forever Active – Pilates	Studio 2&3
13:00-16:00	Forever Active – Badminton	Main Hall
13:45-14:45	Forever Active – Zumba	Studio 2&3

Thursday

Time	Class	Location
09:00-16:00	Forever Active – Gym Session	Gym
09:30-10:00	Forever Active – Circuits	Gym
09:00-12:30	Forever Active – Table Tennis	Main Hall
09:30-11:30	Forever Active – Tennis - Advanced	Multi Courts
09:30-12:15	Forever Active – Short Mat Bowls	Meeting Room
10:00-12:00	Forever Active – Tennis - Intermediate	Multi Courts
10:30-13:00	Forever Active – Archery	Tube
10:45-11:30	Forever Active – Group Cycling	Spin Studio
10:45-11:45	Forever Active – Keep Fit	Studio 2&3
12:15-13:15	Forever Active – Pilates	Studio 2&3
13:30-14:30	Forever Active – Aerobics	Studio 2&3
13:30-16:00	Forever Active – Badminton	Main Hall
15:00-16:00	Forever Active – Yoga	Studio 1

*New Age Kurling Session Dates 2022:

24th January, 7th February, 7th March, 21st March, 4th April, 16th May, 6th June, 20th June, 4th July, 18th July, 5th September, 19th September, 3rd October, 17th October, 7th November, 21st November, 5th December