

ACTIVITIES TIMETABLE

Monday	5-6pm Nordic Walking (Various)	6.30-7.30pm Sixth Dimension Running Club (Various)	7-8pm Taekwondo (Sports Hall)	7.30-8.30pm Yoga (Drama Studio)	8-10pm Drop in Badminton (Sports Hall)		
Tuesday	7.30-8.30pm Legs, bums & Tums (Wyatt Studio)	8:30-10pm Mixed Mar- tial Arts (MMA) (Wyatt Studio)					
Wednesday	6.30-7.30 Sixth Dimension Running Club (Various)	7.30-9pm Boxing (Wyatt Studio)	6.30-10pm Line Danc- ing (School Hall)				
Thursday	5.40-6.30pm Pilates (Drama Studio)	6.30-7.30pm Flexiballs (Wyatt Studio)	6.30-9.30pm Irish Danc- ing (Drama Studio)	7.30-8.30pm Aeromix (Wyatt Studio)	8:30-10pm Mixed Martial Arts (MMA) (Wyatt Studio)		
Friday	6-8pm U21's Badminton (Sports Hall)			7-8pm Yoga (Wyatt Studio)	7-9pm Westergate Badminton (Sports Hall)		
Saturday							
Sunday	9am-1pm Archery (Sports Hall & Field)						