

Forever Active Timetable - Monday

Time	Class	Location
09:00-16:00	Forever Active – Gym Session	Gym
09:30-10:00	Forever Active – Circuits Forever	Gym
09:00-12:30	Active – Table Tennis Forever	Main Hall
10:00-12:00	Active – Tennis	Multi Courts
10.10-11:10	Forever Active – Steady and 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

Forever Active Timetable - 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 -	Multi Courts
10:30-13:00	Intermediate 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