

Time	Class	Location
09:00-10:00	Forever Active - Table Tennis	Sports hall
09:00-10:00	Forever Active - Gym Session	Gym
09:30-11:30	Forever Active - Tennis 2	Multi courts 2
09:30-11:30	Forever Active - Tennis 3	Multi courts 3
09:30-11:30	Forever Active - Tennis 4	Multi courts 4
09:30-11:30	Forever Active - Tennis 5	Multi courts 5
10:15-11:15	Forever Active - Table Tennis	Sports hall
11:30-12:30	Forever Active - Table Tennis	Sports hall
11:30-12:30	Forever Active - Gym Session	Gym
12:00-13:00	Forever Active - Tai Chi	Studios 2 & 3
12:45-13:45	Forever Active - Gym Session	Gym
13:00-14:00	Forever Active - Badminton	Sports hall
13:15-14:15	Forever Active - Zumba	Studios 2 & 3
14:00-15:00	Forever Active - Badminton	Sports hall
14:30-15:30	Forever Active - Pilates	Studios 2 & 3
15:00-16:00	Forever Active - Badminton	Sports hall

Time	Class	Location
09:00-10:00	Forever Active - Table Tennis	Sports hall
09:00-10:00	Forever Active - Gym Session	Gym
09:30-11:00	Forever Active - Tennis Coaching Advance	Multi courts
09:30-10:30	Forever Active - Tai Chi	Studio 2 & 3
10:15-11:15	Forever Active - Table Tennis	Sports hall
10:45-11:45	Forever Active - Keep Fit	Studio 2 & 3
10:45-11:30	Forever Active - Indoor Cycling	Cycling Studio
11:30-12:30	Forever Active - Table Tennis	Sports hall
11:00-12:00	Forever Active - Tennis Coaching Intermediate	Multi courts
11:30-12:30	Forever Active - Gym Session	Gym
12:00-14:00	Forever Active - Tennis 2	Multi court 2
12:00-14:00	Forever Active - Tennis 3	Multi court 3
12:00-13:00	Forever Active - Pilates	Studio 2 & 3
12:45-13:45	Forever Active - Gym Session	Gym
13:00-14:00	Forever Active - Badminton	Sport hall
13:30-14:30	Forever Active - Aerobics	Studio 2 & 3
14:00-15:00	Forever Active - Badminton	Sport hall
15:00-16:00	Forever Active - Yoga	Studio 2 & 3
15:00-16:00	Forever Active - Badminton	Sport hall