

Adult Classes

Monday

07:30 - 08:30	S&C ●
09:30 - 10:30	S&C ●
10:30 - 11:30	Legends S&C ● ●
12:00 - 13:00	S&C ●
17:30 - 18:30	S&C ●
18:30 - 19:30	Engine ●

Tuesday

07:30 - 08:30	S&C ●
10:00 - 11:00	Ballroom dancing ● ●
12:00 - 13:00	S&C ●
13:00 - 15:00	Games Club ● ● ●
17:30 - 18:30	S&C ●
18:00 - 19:00	Tribe: Intro to Climbing ●
18:30 - 19:30	S&C ●
18:30 - 19:30	Dynamic Vinyasa Yoga ●
19:00 - 21:00	Tribe: Adult Improver ●

Open Access

Open use of facilities without an instructor

Open Gym ●
Mon - Fri 07:00-20:00

Open Climbing* ●
*Competent Climbers only. See website or ask Reception for details.
Tues - Fri 10:00-21:00
Sat 10:00-17:00

Open Athletics Track ●
Mon - Fri 07:00-17:00
Sat & Sun 09:00-17:00

Open MUGA ●
Mon - Fri 07:00-17:00
Sat & Sun 09:00-17:00



Book now!

Wednesday

07:30 - 08:30	S&C ●
09:30 - 10:30	Accessible Yoga ● ●
10:00 - 12:00	Legends Climbing ● ●
10:30 - 11:30	Legends S&C ● ●
10:30 - 11:30	Nordic Walking ● ●
17:30 - 18:30	S&C ●
18:30 - 19:30	STRONG ●
19:30 - 20:30	Calisthenics ●

Thursday

07:30 - 08:30	S&C ●
09:30 - 10:30	S&C ●
11:00 - 12:00	Tai Chi (Beginners) ● ●
18:00 - 20:00	Tribe: Learn to Climb ● ●

Friday

07:30 - 08:30	S&C ●
09:30 - 10:30	S&C ●
10:30 - 11:30	Legends S&C ● ●
13:00 - 14:00	Tai Chi (Established) ● ●

Saturday

11:30 - 12:30	Tribe: Intro to Climbing ●
13:00 - 15:00	Tribe: Learn to Climb ●

*All classes are subject to availability.
Timetable correct at time of printing. See website for live times.



Key

● = Over 55s	● = Strength & Conditioning
● = Community Class	● = Studio Class
● = Social	● = Climbing Centre
● = Creative	● = Outdoor Activity
● = Additional Cost	● = Cafe/Function room