

## Friday 18 Jan 2019

### Intensity Level

-- Badminton	⊕ ⊕ ⊕ ⊕
-- Pitch Hire Indoor (Football)	⊕ ⊕ ⊕ ⊕
-- Squash	⊕ ⊕ ⊕ ⊕
-- Table Tennis	⊕ ⊕ ⊕ ⊕

## Saturday 19 Jan 2019

### Intensity Level

-- Badminton	⊕ ⊕ ⊕ ⊕
-- Pitch Hire Indoor (Football)	⊕ ⊕ ⊕ ⊕
-- Squash	⊕ ⊕ ⊕ ⊕
-- Table Tennis	⊕ ⊕ ⊕ ⊕

## Sunday 20 Jan 2019

### Intensity Level

-- Badminton	⊕ ⊕ ⊕ ⊕
-- Pitch Hire Indoor (Football)	⊕ ⊕ ⊕ ⊕
-- Squash	⊕ ⊕ ⊕ ⊕
-- Table Tennis	⊕ ⊕ ⊕ ⊕

## Monday 21 Jan 2019

### Intensity Level

-- Badminton	⊕ ⊕ ⊕ ⊕
-- Pitch Hire Indoor (Football)	⊕ ⊕ ⊕ ⊕
-- Squash	⊕ ⊕ ⊕ ⊕
-- Table Tennis	⊕ ⊕ ⊕ ⊕

## Tuesday 22 Jan 2019

### Intensity Level

-- Badminton	⊕ ⊕ ⊕ ⊕
-- Pitch Hire Indoor (Football)	⊕ ⊕ ⊕ ⊕
-- Squash	⊕ ⊕ ⊕ ⊕
-- Table Tennis	⊕ ⊕ ⊕ ⊕

## Wednesday 23 Jan 2019

### Intensity Level

-- Badminton	⊕ ⊕ ⊕ ⊕
-- Pitch Hire Indoor (Football)	⊕ ⊕ ⊕ ⊕
-- Squash	⊕ ⊕ ⊕ ⊕
-- Table Tennis	⊕ ⊕ ⊕ ⊕

This timetable is current as of 18/01/2019. Activities and schedules subject to change.

Whilst we make every effort for classes to be covered, there may be occasions where we have no option but to offer an alternative class due to instructor availability.

---

**Thursday 24 Jan 2019****Intensity Level**

-- Badminton	⊛ ⊛ ⊛ ⊛
-- Pitch Hire Indoor (Football)	⊛ ⊛ ⊛ ⊛
-- Squash	⊛ ⊛ ⊛ ⊛
-- Table Tennis	⊛ ⊛ ⊛ ⊛

**24 Jan 2019****Intensity Level**

-- Thursday

---

**Friday 25 Jan 2019****Intensity Level**

-- Badminton	⊛ ⊛ ⊛ ⊛
-- Pitch Hire Indoor (Football)	⊛ ⊛ ⊛ ⊛
-- Squash	⊛ ⊛ ⊛ ⊛
-- Table Tennis	⊛ ⊛ ⊛ ⊛

**Saturday 26 Jan 2019****Intensity Level**

-- Badminton	⊛ ⊛ ⊛ ⊛
-- Pitch Hire Indoor (Football)	⊛ ⊛ ⊛ ⊛
-- Squash	⊛ ⊛ ⊛ ⊛
-- Table Tennis	⊛ ⊛ ⊛ ⊛

**Sunday 27 Jan 2019****Intensity Level**

-- Badminton	⊛ ⊛ ⊛ ⊛
-- Pitch Hire Indoor (Football)	⊛ ⊛ ⊛ ⊛
-- Squash	⊛ ⊛ ⊛ ⊛
-- Table Tennis	⊛ ⊛ ⊛ ⊛

**Monday 28 Jan 2019****Intensity Level**

-- Badminton	⊛ ⊛ ⊛ ⊛
-- Pitch Hire Indoor (Football)	⊛ ⊛ ⊛ ⊛
-- Squash	⊛ ⊛ ⊛ ⊛
-- Table Tennis	⊛ ⊛ ⊛ ⊛

**Tuesday 29 Jan 2019****Intensity Level**

-- Badminton	⊛ ⊛ ⊛ ⊛
-- Pitch Hire Indoor (Football)	⊛ ⊛ ⊛ ⊛
-- Squash	⊛ ⊛ ⊛ ⊛
-- Table Tennis	⊛ ⊛ ⊛ ⊛

**Wednesday 30 Jan 2019****Intensity Level**

-- Badminton	⊛ ⊛ ⊛ ⊛
--------------	---------

This timetable is current as of 18/01/2019. Activities and schedules subject to change.

Whilst we make every effort for classes to be covered, there may be occasions where we have no option but to offer an alternative class due to instructor availability.

-- Pitch Hire Indoor (Football)	⊛ ⊛ ⊛ ⊛
-- Squash	⊛ ⊛ ⊛ ⊛
-- Table Tennis	⊛ ⊛ ⊛ ⊛

---



---

<b>Thursday 31 Jan 2019</b>	<b>Intensity Level</b>
-----------------------------	------------------------

-- Badminton	⊛ ⊛ ⊛ ⊛
-- Pitch Hire Indoor (Football)	⊛ ⊛ ⊛ ⊛
-- Squash	⊛ ⊛ ⊛ ⊛
-- Table Tennis	⊛ ⊛ ⊛ ⊛

<b>31 Jan 2019</b>	<b>Intensity Level</b>
--------------------	------------------------

-- Thursday	
-------------	--

---



---

<b>Friday 01 Feb 2019</b>	<b>Intensity Level</b>
---------------------------	------------------------

-- Badminton	⊛ ⊛ ⊛ ⊛
-- Pitch Hire Indoor (Football)	⊛ ⊛ ⊛ ⊛
-- Squash	⊛ ⊛ ⊛ ⊛
-- Table Tennis	⊛ ⊛ ⊛ ⊛

This timetable is current as of 18/01/2019. Activities and schedules subject to change.

Whilst we make every effort for classes to be covered, there may be occasions where we have no option but to offer an alternative class due to instructor availability.