

## Monday 21 Jan 2019

### Intensity Level

-- Badminton

★ ★ ★ ★

-- Squash

★ ★ ★ ★

## 21 Jan 2019

### Intensity Level

-- Monday

## Tuesday 22 Jan 2019

### Intensity Level

-- Badminton

★ ★ ★ ★

-- Squash

★ ★ ★ ★

## Wednesday 23 Jan 2019

### Intensity Level

-- Badminton

★ ★ ★ ★

-- Squash

★ ★ ★ ★

## Thursday 24 Jan 2019

### Intensity Level

-- Badminton

★ ★ ★ ★

-- Squash

★ ★ ★ ★

## Friday 25 Jan 2019

### Intensity Level

-- Badminton

★ ★ ★ ★

-- Squash

★ ★ ★ ★

## Saturday 26 Jan 2019

### Intensity Level

-- Badminton

★ ★ ★ ★

-- Squash

★ ★ ★ ★

## Sunday 27 Jan 2019

### Intensity Level

-- Badminton

★ ★ ★ ★

-- Squash



★ ★ ★ ★

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.

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 Ponteland Leisure Centre  @ActiveNland