

From 14 young adults can book swim lanes, gym and all fitness classes as well as courts. They must have an induction to use the gym and pass a swimming competency test.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM						<p>TENNIS (Ages 10-16) Improvers Junior Tennis 10.00-11.00 Intermediate 11.00-12.00 Book via Reception</p>	<p>PARKOUR 10.00-10.45 (Ages 10 +) *FREE to members* Book via MyCourts</p>
						<p>Family Splash (All ages) 10.00- 13.00 *FREE to members*</p>	
						<p>Tennis (Ages 10-16) Advanced 12.00-13.00 Book via Reception</p>	
PM		<p>*COMING SOON* HULA FITNESS (5+) *FREE to members*</p>	<p>TENNIS (Ages 10-16) Beginners 17.00-18.00 Book via Reception</p>	<p>TENNIS (Ages 10-16) Beginners 17.00-18.00 Book via Reception</p>	<p>TENNIS (Ages 10-16) Beginners 17.00-18.00 Book via Reception</p>	<p>MOVE WITH MIKE (Ages 6+) 13.00 -13.45 *FREE to members* Outdoor Studio Book via Mycourts</p>	<p>FAMILY AND JUNIOR CLUB TENNIS (All Ages) *FREE to members* 14.00-16.00 Book via MyCourts</p>
		<p>SQUASH EPiC Silver (9-11 years) 17.15-18.00 Book via Reception</p>	<p>PARENT AND JUNIOR GYM 16.00 – 17.00 (8 + must be accompanied by an adult) *FREE to members* Book via MyCourts</p>	<p>JUNIOR GROUP FITNESS 16.00 -16.30 (Ages 6+) *FREE to members* (starting in May) Book via Mycourts</p>	<p>SQUASH EPiC girls (All Ages) 17.00-18.00 Book via Reception</p>	<p>SQUASH EPiC Gold (Ages 12+) 12.30-1.30 EPiC girls (All) 13.30 – 14.15 (Book via Reception) Family Squash and Racketball All ages *FREE to members* 15.00- 16.00 Book via MyCourts</p>	<p>PARENT AND JUNIOR GYM 14.00 – 15.00 (8 + must be accompanied by an adult) *FREE to members* Book via MyCourts</p>
						<p>Parent and Junior Gym 14.00 – 15.00 (8 + must be accompanied by an adult) *FREE to members* Book via MyCourts</p>	<p>FAMILY SPLASH (All Ages) 15.00- 17.00 *FREE to members* Indoor Pool</p>