

JUNIOR TIMETABLE >>>

LONG STRATTON LEISURE CENTRE

	CLASSES	EGYM	DROP-IN SESSIONS
MONDAY	5:45pm - Yogalates 6:00pm - Studio Cycling	16+ - Anytime* Under 16's - 3:30pm to 5:00pm	4:30pm to 5:30pm - Badminton 4pm to 10pm - Football on 3G**
TUESDAY	8:00am - Beginners Yoga 6:00pm - Studio Cycling	16+ - Anytime* Under 16's - 3:30pm to 5:00pm	4pm to 10pm - Football on 3G**
WEDNESDAY	6:00pm - Studio Cycling	16+ - Anytime* Under 16's - 3:30pm to 5:00pm	4:30pm to 5:30pm - Basketball 4pm to 10pm - Football on 3G**
THURSDAY	7:30pm - Yoga	16+ - Anytime* Under 16's - 3:30pm to 5:00pm	4pm to 10pm - Football on 3G**
FRIDAY	8:00am - Yogalates 7:00pm - Pilates	16+ - Anytime* Under 16's - 3:30pm to 5:00pm	4pm to 10pm - Football on 3G**
SATURDAY		16+ - Anytime Under 16's - Anytime when accompanied by an adult	9am to 4pm - Football on 3G**
SUNDAY	11:30am - Yoga	16+ - Anytime Under 16's - Anytime when accompanied by an adult	9am to 4pm - Football on 3G**

* Excludes peak times (5:30pm - 8:00pm) for off-peak members.

** Subject to availability - please call beforehand. Excludes peak times for off-peak members.