

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 - Pickleball 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.