

12th July to 27th August 2010



Monkton Sports Club



	Swimming Pool (Adults only after 8.00pm)	Fitness Suite	Squash (To book a court please call 01225 834644)	Activities (members aged 16 years and over only)
Monday	6.45am - 10.30am & 4.30pm - 9.30pm	6.45am - 10.45am & 4.00pm - 9.30pm	7.45am - 10.45am & 6.15pm - 9.15pm	Stretch & Tone (Becky Thomas) 8.45am - 9.45am & 9.45am - 10.45am Aerobics (Jackie Brangwyn) 6.30pm - 7.30pm
Tuesday	6.45am - 10.45am & 4.30pm - 7.55pm	6.45am - 10.45am & 4.00pm - 9.30pm	7.45am - 10.30am & 6.15pm - 9.15pm	Pilates (Terry Hughes) 9.15am-10.15am
Wednesday	6.45am - 10.45am & 7.15pm - 9.30pm	6.45am - 10.45am & 4.30pm - 9.30pm	7.45am - 10.45am & 6.15pm - 9.15pm	Pilates (Rachel George) 6.30pm - 7.30pm 7.30pm - 8.30pm Hydrofit (Pat Spring) 6.30pm - 7.15pm
Thursday	6.45am - 10.45am & 4.30pm - 8.30pm 8.30-9.30 Relax to music swim	6.45am - 10.45am & 4.00pm - 9.30pm	7.45am - 10.30am & 6.15pm - 9.15pm	Aerobics (Jackie Brangwyn) 6.30pm - 7.30pm
Friday	6.45am - 10.30am & 4.30pm - 9.00pm (lane swimming 4.30pm - 6.00pm)	6.45am - 11.30am & 4.00pm - 9.00pm	7.45am - 10.45am & 6.15pm - 9.15pm	Aerobics (Becky Thomas) 9.00am - 10.00am Aquarobics (Pat Spring) 10.30am - 11.15am Badminton 11.00pm - 1.00pm
Saturday	8.00am - 10.00am & 11.00am - 2.00pm 2.00pm - 3.00pm (Family fun with inflatable) 3.00pm - 5.30pm	8.00am - 5.30pm	8.00am - 5.30pm	Pilates (Terry Hughes) 8.30am - 9.30am & 9.30am - 10.30am
Sunday	8.00am - 1.00pm & 2.30pm - 5.30pm	8.00am - 5.30pm	8.00am - 5.30pm	5 Hole Golf 10.30am -12.30pm

Dates for your Diary

Sunday September 19th Sports club closed from 12.30pm for Regional lifesaving championships.

August Bank Holiday Opening Hours Monday 30th August- 10.00am to 4.30pm