



	Sports Hall	Exercise Studio	Squash Court	Swimming Pool	Table Tennis
10 – 10:25	Blitzefitme Bootcamp	Fight Like A Girl - Self defence	Core Work Out	free swim (unlimited)	Drop in and play a This Girl Can Ambassador
10:30 – 10:55	Blitzefitme Bootcamp	Fight Like A Girl - Self defence	Rebound UK	free swim (unlimited)	Drop in and play a This Girl Can Ambassador
11 – 11:25	Community Iron walking football	Loveyourburlesque	Rebound UK	free swim (unlimited)	Drop in and play a This Girl Can Ambassador
11:30 – 11:55	Pickleball	Loveyourburlesque	Rebound UK	free swim (unlimited)	Drop in and play a This Girl Can Ambassador
12 – 12:25	Back to Netball	TBC	Rebound UK	free swim (unlimited)	Drop in and play a This Girl Can Ambassador
12:30 – 12:55	Back to Netball	TBC	Rebound UK	free swim (unlimited)	Drop in and play a This Girl Can Ambassador