



Venue: 1Life Lord Butler Leisure Centre, Saffron Walden

Time: 1.30 – 4pm

Date: 2nd February 2019

Time	Sports Hall courts 1,2	Sports Hall courts 3,4	Studio (capacity 25)	Squash court	Tennis Courts (capacity 20)
13.30	Zumba			Ladies come and try squash	
14.00	Netball	Netball	Body Balance		Cardio tennis
14.45	Bounce	Come and try Trampoline & Badminton	Tone		
15.30	Inclusion Club	Intro to circuits class	Pilates		
16.00			Aqua aerobics (Pool)		
16.30	Pack up		Pack up		

Please note: activities/classes are available on a first come first served basis on the day and subject to change without notice.