

RAYLEIGH

| TIME | MAIN HALL | | | BOWLS HALL | STUDIO | SQUASH COURTS | |
|---------------|------------|--------------|-----------|--------------|--------------------|---------------|--------|
| 10:00 - 10:20 | SPIN CLASS | SHORT TENNIS | BADMINTON | TABLE TENNIS | COME AND TRY BOWLS | HIIT | SQUASH |
| 10:20 - 10:40 | | SHORT TENNIS | BADMINTON | TABLE TENNIS | COME AND TRY BOWLS | BODY PUMP | SQUASH |
| 10:40 - 11:00 | SPIN CLASS | SHORT TENNIS | BADMINTON | TABLE TENNIS | COME AND TRY BOWLS | PILATES | SQUASH |
| 11:00 - 11:20 | | FABS CLASS | BADMINTON | TABLE TENNIS | COME AND TRY BOWLS | HIIT | SQUASH |
| 11:20 - 11:40 | | FABS CLASS | BADMINTON | TABLE TENNIS | COME AND TRY BOWLS | PILATES | SQUASH |
| 11:40 - 12:00 | | FABS CLASS | BADMINTON | TABLE TENNIS | COME AND TRY BOWLS | HIIT | SQUASH |

Creche bookings available 9:30am-12:30am for those participating in the festival. Call 01268 654510 to book

NHS Health Checks pre-bookings available for 40+ on 08000224524