

Activity Timetable

Monday 31st March 2025 - Sunday 6th April 2025

MONDAY

09:00-16:30

Badminton & Table Tennis
Fun for all the family
Sports Hall

16:15-17:15

Teen Gym
11-17 year olds
Gym

TUESDAY

09:00-16:30

Badminton & Table Tennis
Fun for all the family
Sports Hall

13:00-14:00

Teen Gym
11-17 year olds
Gym

16:15-17:15

Teen Gym
11-17 year olds
Gym

WEDNESDAY

10:45-11:45

Teen Gym
11-17 year olds
Gym

16:45-17:45

Badminton & Table Tennis
Fun for all the family
Sports Hall

THURSDAY

16:15-17:15

Teen Gym
11-17 year olds
Gym

16:45-17:45

Badminton & Table Tennis
Fun for all the family
Sports Hall

21:00-22:00

Badminton & Table Tennis
Fun for all the family
Sports Hall

FRIDAY

10:45-11:45

Teen Gym
11-17 year olds
Gym

16:45-17:45

Badminton & Table Tennis
Fun for all the family
Sports Hall

SATURDAY

14:00-14:45

Kids Climbing
7-17 year olds
Climbing Wall

15:00-16:00

Teen Gym
11-17 year olds
Gym

17:00-18:00

Badminton & Table Tennis
Fun for all the family
Sports Hall

SUNDAY

10:00-10:45

Badminton & Table Tennis
Fun for all the family
Sports Hall

14:00-14:45

Kids Climbing
7-17 year olds
Climbing Wall

15:00-16:00

Teen Gym
11-17 year olds
Gym



Chigwell

SPORT & WELLNESS CENTRE

Activity Timetable

Monday 7th April 2025 - Sunday 13th April 2025

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|--|--|--|--|--|--|
| 16:00-16:45 Kids Climbing 7-17 year olds Climbing Wall | 11:00-12:00 Teen Gym 11-17 year olds Gym | 14:15-15:15 Teen Gym 11-17 year olds Gym | 11:00-12:00 Teen Gym 11-17 year olds Gym | 10:00-11:00 Teen Gym 11-17 year olds Gym | 14:00-14:45 Kids Climbing 7-17 year olds Climbing Wall | 10:00-10:45 Badminton & Table Tennis Fun for all the family Sports Hall |
| 17:00-18:00 Teen Gym 11-17 year olds Gym | 13:10-14:15 Kids Climbing 7-17 year olds Climbing Wall | 16:00-17:30 Badminton & Table Tennis Fun for all the family Sports Hall | 13:15-14:00 Kids Climbing 7-17 year olds Climbing Wall | 11:15-12:00 Kids Climbing 7-17 year olds Climbing Wall | 15:00-16:00 Teen Gym 11-17 year olds Gym | 14:00-14:45 Kids Climbing 7-17 year olds Climbing Wall |
| 16:00-17:30 Badminton & Table Tennis Fun for all the family Sports Hall | 16:00-17:30 Badminton & Table Tennis Fun for all the family Sports Hall | | 16:00-17:30 Badminton & Table Tennis Fun for all the family Sports Hall | 16:00-17:00 Teen Gym 11-17 year olds Gym | 17:00-18:00 Badminton & Table Tennis Fun for all the family Sports Hall | 15:00-16:00 Teen Gym 11-17 year olds Gym |
| | | | 21:00-22:00 Badminton & Table Tennis Fun for all the family Sports Hall | 16:00-17:30 Badminton & Table Tennis Fun for all the family Sports Hall | | |



Chigwell

SPORT & WELLNESS CENTRE

Activity Timetable

Monday 14th April 2025 - Sunday 20th April 2025

MONDAY

09:00-10:00

Teen Gym
11-17 year olds
Gym

10:15-11:00

Kids Climbing
7-17 year olds
Climbing Wall

16:00-17:30

Badminton & Table Tennis
Fun for all the family
Sports Hall

TUESDAY

16:15-17:15

Teen Gym
11-17 year olds
Gym

16:00-17:30

Badminton & Table Tennis
Fun for all the family
Sports Hall

WEDNESDAY

14:30-15:30

Teen Gym
11-17 year olds
Gym

15:45-16:30

Kids Climbing
7-17 year olds
Climbing Wall

16:00-17:30

Badminton & Table Tennis
Fun for all the family
Sports Hall

THURSDAY

14:30-15:30

Teen Gym
11-17 year olds
Gym

15:45-16:30

Kids Climbing
7-17 year olds
Climbing Wall

16:00-17:30

Badminton & Table Tennis
Fun for all the family
Sports Hall

21:00-22:00

Badminton & Table Tennis
Fun for all the family
Sports Hall

FRIDAY

SATURDAY

14:00-14:45

Kids Climbing
7-17 year olds
Climbing Wall

15:00-16:00

Teen Gym
11-17 year olds
Gym

17:00-18:00

Badminton & Table Tennis
Fun for all the family
Sports Hall

SUNDAY

10:00-10:45

Badminton & Table Tennis
Fun for all the family
Sports Hall

14:00-14:45

Kids Climbing
7-17 year olds
Climbing Wall

15:00-16:00

Teen Gym
11-17 year olds
Gym



Chigwell

SPORT & WELLNESS CENTRE