

# Activity Timetable

## Monday 7th July 2025 - Sunday 13th July 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>18:00-19:00</b> <b>Badminton &amp; Table Tennis</b> <i>Fun for all the family</i>			<b>10:45-11:30</b> <b>Kids Climbing</b> <i>7-17 year olds</i> Kate	<b>09:00-17:30</b> <b>Badminton &amp; Table Tennis</b> <i>Fun for all the family</i>	<b>14:00-14:45</b> <b>Kids Climbing</b> <i>7-17 year olds</i> Gym Team	<b>11:00-12:00</b> <b>Badminton &amp; Table Tennis</b> <i>Fun for all the family</i>
			<b>13:45-14:45</b> <b>Teen Gym</b> <i>11-17 year olds</i> Kate	<b>10:30-11:30</b> <b>Teen Gym</b> <i>11-17 year olds</i> Kate	<b>15:00-16:00</b> <b>Teen Gym</b> <i>11-17 year olds</i> Gym Team	<b>14:00-14:45</b> <b>Kids Climbing</b> <i>7-17 year olds</i> Gym Team
			<b>16:00-17:00</b> <b>Teen Gym</b> <i>11-17 year olds</i> Sam	<b>13:45-14:30</b> <b>Kids Climbing</b> <i>7-17 year olds</i> Kate	<b>17:00-18:00</b> <b>Badminton &amp; Table Tennis</b> <i>Fun for all the family</i>	<b>15:00-16:00</b> <b>Teen Gym</b> <i>11-17 year olds</i> Gym Team
			<b>18:00-19:00</b> <b>Badminton &amp; Table Tennis</b> <i>Fun for all the family</i>	<b>16:00-17:00</b> <b>Teen Gym</b> <i>11-17 year olds</i> Sam		



# Activity Timetable

## Monday 14th July 2025 - Sunday 20th July 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>09:00-17:30</b> <b>Badminton &amp; Table Tennis</b> <i>Fun for all the family</i>	<b>09:00-17:30</b> <b>Badminton &amp; Table Tennis</b> <i>Fun for all the family</i>	<b>09:00-17:30</b> <b>Badminton &amp; Table Tennis</b> <i>Fun for all the family</i>	<b>09:00-17:30</b> <b>Badminton &amp; Table Tennis</b> <i>Fun for all the family</i>	<b>09:00-17:30</b> <b>Badminton &amp; Table Tennis</b> <i>Fun for all the family</i>	<b>14:00-14:45</b> <b>Kids Climbing</b> <i>7-17 year olds</i> Gym Team	<b>11:00-12:00</b> <b>Badminton &amp; Table Tennis</b> <i>Fun for all the family</i>
<b>16:00-17:00</b> <b>Teen Gym</b> <i>11-17 year olds</i> Diana	<b>10:30-11:30</b> <b>Teen Gym</b> <i>11-17 year olds</i> Kate	<b>10:30-11:30</b> <b>Teen Gym</b> <i>11-17 year olds</i> Kate	<b>10:30-11:30</b> <b>Teen Gym</b> <i>11-17 year olds</i> Kate	<b>10:30-11:30</b> <b>Teen Gym</b> <i>11-17 year olds</i> Kate	<b>15:00-16:00</b> <b>Teen Gym</b> <i>11-17 year olds</i> Gym Team	<b>14:00-14:45</b> <b>Kids Climbing</b> <i>7-17 year olds</i> Gym Team
<b>18:00-19:00</b> <b>Badminton &amp; Table Tennis</b> <i>Fun for all the family</i>	<b>14:00-14:45</b> <b>Teen Gym</b> <i>11-17 year olds</i> Kate	<b>14:00-14:45</b> <b>Teen Gym</b> <i>11-17 year olds</i> Sam	<b>10:45-11:30</b> <b>Kids Climbing</b> <i>7-17 year olds</i> Kate	<b>16:00-17:00</b> <b>Teen Gym</b> <i>11-17 year olds</i> Diana	<b>17:00-18:00</b> <b>Badminton &amp; Table Tennis</b> <i>Fun for all the family</i>	<b>15:00-16:00</b> <b>Teen Gym</b> <i>11-17 year olds</i> Gym Team
	<b>16:15-17:00</b> <b>Kids Climbing</b> <i>7-17 year olds</i> Diana	<b>16:15-17:00</b> <b>Kids Climbing</b> <i>7-17 year olds</i> Sam	<b>14:00-14:45</b> <b>Teen Gym</b> <i>11-17 year olds</i> Sam			
			<b>18:00-19:00</b> <b>Badminton &amp; Table Tennis</b> <i>Fun for all the family</i>			



# Activity Timetable

## Monday 21st July 2025 - Sunday 27th July 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>09:00-17:30</b> <b>Badminton &amp; Table Tennis</b> <i>Fun for all the family</i>	<b>09:00-17:30</b> <b>Badminton &amp; Table Tennis</b> <i>Fun for all the family</i>	<b>09:00-17:30</b> <b>Badminton &amp; Table Tennis</b> <i>Fun for all the family</i>	<b>09:00-17:30</b> <b>Badminton &amp; Table Tennis</b> <i>Fun for all the family</i>	<b>09:00-17:30</b> <b>Badminton &amp; Table Tennis</b> <i>Fun for all the family</i>	<b>14:00-14:45</b> <b>Kids Climbing</b> <i>7-17 year olds</i> Gym Team	<b>11:00-12:00</b> <b>Badminton &amp; Table Tennis</b> <i>Fun for all the family</i>
<b>16:00-16:45</b> <b>Teen Gym</b> <i>11-17 year olds</i> Diana	<b>14:00-15:00</b> <b>Teen Gym</b> <i>11-17 year olds</i> Diana		<b>18:00-19:00</b> <b>Badminton &amp; Table Tennis</b> <i>Fun for all the family</i>	<b>09:30-10:15</b> <b>Teen Gym</b> <i>11-17 year olds</i> Diana	<b>15:00-16:00</b> <b>Teen Gym</b> <i>11-17 year olds</i> Gym Team	<b>14:00-14:45</b> <b>Kids Climbing</b> <i>7-17 year olds</i> Gym Team
<b>17:00-17:45</b> <b>Kids Climbing</b> <i>7-17 year olds</i> Diana	<b>16:00-16:45</b> <b>Kids Climbing</b> <i>7-17 year olds</i> Diana			<b>16:00-17:00</b> <b>Teen Gym</b> <i>11-17 year olds</i> Diana	<b>17:00-18:00</b> <b>Badminton &amp; Table Tennis</b> <i>Fun for all the family</i>	<b>15:00-16:00</b> <b>Teen Gym</b> <i>11-17 year olds</i> Gym Team
<b>18:00-19:00</b> <b>Badminton &amp; Table Tennis</b> <i>Fun for all the family</i>						



# Activity Timetable

## Monday 28th July 2025 - Sunday 3rd August 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>16:00-17:00</b> <b>Teen Gym</b> 11-17 year olds Diana	<b>10:30-11:30</b> <b>Teen Gym</b> 11-17 year olds Kate	<b>10:30-11:30</b> <b>Teen Gym</b> 11-17 year olds Kate	<b>10:30-11:30</b> <b>Teen Gym</b> 11-17 year olds Kate	<b>10:30-11:30</b> <b>Teen Gym</b> 11-17 year olds Kate	<b>14:00-14:45</b> <b>Kids Climbing</b> 7-17 year olds Gym Team	<b>11:00-12:00</b> <b>Badminton &amp; Table Tennis</b> Fun for all the family
<b>17:00-17:45</b> <b>Kids Climbing</b> 7-17 year olds Diana	<b>14:00-14:45</b> <b>Teen Gym</b> 11-17 year olds Kate	<b>14:00-14:45</b> <b>Teen Gym</b> 11-17 year olds Sam	<b>14:00-14:45</b> <b>Teen Gym</b> 11-17 year olds Kate	<b>16:00-17:00</b> <b>Teen Gym</b> 11-17 year olds Diana	<b>15:00-16:00</b> <b>Teen Gym</b> 11-17 year olds Gym Team	<b>14:00-14:45</b> <b>Kids Climbing</b> 7-17 year olds Gym Team
<b>18:00-19:00</b> <b>Badminton &amp; Table Tennis</b> Fun for all the family		<b>12:45-13:30</b> <b>Kids Climbing</b> 7-17 year olds Diana	<b>18:00-19:00</b> <b>Badminton &amp; Table Tennis</b> Fun for all the family	<b>17:00-17:45</b> <b>Kids Climbing</b> 7-17 year olds Diana	<b>17:00-18:00</b> <b>Badminton &amp; Table Tennis</b> Fun for all the family	<b>15:00-16:00</b> <b>Teen Gym</b> 11-17 year olds Gym Team



# Activity Timetable

Monday 4th August 2025 - Sunday 10th August 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>16:00-17:00</b> <b>Teen Gym</b> 11-17 year olds Diana	<b>10:30-11:30</b> <b>Teen Gym</b> 11-17 year olds Kate	<b>10:30-11:30</b> <b>Teen Gym</b> 11-17 year olds Kate	<b>10:30-11:30</b> <b>Teen Gym</b> 11-17 year olds Kate	<b>10:30-11:30</b> <b>Teen Gym</b> 11-17 year olds Kate	<b>14:00-14:45</b> <b>Kids Climbing</b> 7-17 year olds Gym Team	<b>11:00-12:00</b> <b>Badminton &amp; Table Tennis</b> Fun for all the family
<b>17:00-17:45</b> <b>Kids Climbing</b> 7-17 year olds Diana	<b>14:00-14:45</b> <b>Teen Gym</b> 11-17 year olds Kate	<b>14:00-14:45</b> <b>Teen Gym</b> 11-17 year olds Sam	<b>14:00-14:45</b> <b>Teen Gym</b> 11-17 year olds Kate		<b>15:00-16:00</b> <b>Teen Gym</b> 11-17 year olds Gym Team	<b>14:00-14:45</b> <b>Kids Climbing</b> 7-17 year olds Gym Team
<b>18:00-19:00</b> <b>Badminton &amp; Table Tennis</b> Fun for all the family		<b>12:45-13:30</b> <b>Kids Climbing</b> 7-17 year olds Diana	<b>18:00-19:00</b> <b>Badminton &amp; Table Tennis</b> Fun for all the family		<b>17:00-18:00</b> <b>Badminton &amp; Table Tennis</b> Fun for all the family	<b>15:00-16:00</b> <b>Teen Gym</b> 11-17 year olds Gym Team



**Chigwell**

SPORT & WELLNESS CENTRE

# Activity Timetable

Monday 11th August 2025 - Sunday 17th August 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>10:30-11:30</b> <b>Teen Gym</b> 11-17 year olds Kate	<b>10:30-11:30</b> <b>Teen Gym</b> 11-17 year olds Kate	<b>10:30-11:30</b> <b>Teen Gym</b> 11-17 year olds Kate	<b>10:30-11:30</b> <b>Teen Gym</b> 11-17 year olds Kate	<b>10:30-11:30</b> <b>Teen Gym</b> 11-17 year olds Kate	<b>14:00-14:45</b> <b>Kids Climbing</b> 7-17 year olds Gym Team	<b>11:00-12:00</b> <b>Badminton &amp; Table Tennis</b> Fun for all the family
<b>16:00-17:00</b> <b>Teen Gym</b> 11-17 year olds Diana	<b>14:00-14:45</b> <b>Teen Gym</b> 11-17 year olds Kate	<b>14:00-14:45</b> <b>Teen Gym</b> 11-17 year olds Sam	<b>14:00-14:45</b> <b>Teen Gym</b> 11-17 year olds Kate	<b>16:00-17:00</b> <b>Teen Gym</b> 11-17 year olds Diana	<b>15:00-16:00</b> <b>Teen Gym</b> 11-17 year olds Gym Team	<b>14:00-14:45</b> <b>Kids Climbing</b> 7-17 year olds Gym Team
<b>17:00-17:45</b> <b>Kids Climbing</b> 7-17 year olds Diana		<b>12:45-13:30</b> <b>Kids Climbing</b> 7-17 year olds Diana	<b>18:00-19:00</b> <b>Badminton &amp; Table Tennis</b> Fun for all the family	<b>17:00-17:45</b> <b>Kids Climbing</b> 7-17 year olds Diana	<b>17:00-18:00</b> <b>Badminton &amp; Table Tennis</b> Fun for all the family	<b>15:00-16:00</b> <b>Teen Gym</b> 11-17 year olds Gym Team
<b>18:00-19:00</b> <b>Badminton &amp; Table Tennis</b> Fun for all the family						



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SPORT & WELLNESS CENTRE

# Activity Timetable

Monday 18th August 2025 - Sunday 24th August 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>16:00-17:00</b> <b>Teen Gym</b> 11-17 year olds Diana	<b>10:30-11:30</b> <b>Teen Gym</b> 11-17 year olds Kate	<b>10:30-11:30</b> <b>Teen Gym</b> 11-17 year olds Kate	<b>10:30-11:30</b> <b>Teen Gym</b> 11-17 year olds Kate	<b>10:30-11:30</b> <b>Teen Gym</b> 11-17 year olds Kate	<b>14:00-14:45</b> <b>Kids Climbing</b> 7-17 year olds Gym Team	<b>11:00-12:00</b> <b>Badminton &amp; Table Tennis</b> Fun for all the family
<b>17:00-17:45</b> <b>Kids Climbing</b> 7-17 year olds Diana	<b>14:00-14:45</b> <b>Teen Gym</b> 11-17 year olds Kate	<b>14:00-14:45</b> <b>Teen Gym</b> 11-17 year olds Sam	<b>14:00-14:45</b> <b>Teen Gym</b> 11-17 year olds Kate	<b>16:00-17:00</b> <b>Teen Gym</b> 11-17 year olds Diana	<b>15:00-16:00</b> <b>Teen Gym</b> 11-17 year olds Gym Team	<b>14:00-14:45</b> <b>Kids Climbing</b> 7-17 year olds Gym Team
<b>18:00-19:00</b> <b>Badminton &amp; Table Tennis</b> Fun for all the family		<b>12:45-13:30</b> <b>Kids Climbing</b> 7-17 year olds Diana	<b>18:00-19:00</b> <b>Badminton &amp; Table Tennis</b> Fun for all the family	<b>17:00-17:45</b> <b>Kids Climbing</b> 7-17 year olds Diana	<b>17:00-18:00</b> <b>Badminton &amp; Table Tennis</b> Fun for all the family	<b>15:00-16:00</b> <b>Teen Gym</b> 11-17 year olds Gym Team



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SPORT & WELLNESS CENTRE

# Activity Timetable

## Monday 25th August 2025 - Sunday 31st August 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>09:00-17:30</b> Badminton & Table Tennis Fun for all the family	<b>09:00-17:30</b> Badminton & Table Tennis Fun for all the family	<b>09:00-17:30</b> Badminton & Table Tennis Fun for all the family	<b>09:00-17:30</b> Badminton & Table Tennis Fun for all the family	<b>09:00-17:30</b> Badminton & Table Tennis Fun for all the family	<b>14:00-14:45</b> Kids Climbing 7-17 year olds Gym Team	<b>11:00-12:00</b> Badminton & Table Tennis Fun for all the family
<b>16:00-17:00</b> Teen Gym 11-17 year olds Diana	<b>14:00-14:45</b> Teen Gym 11-17 year olds Sam	<b>14:00-14:45</b> Teen Gym 11-17 year olds Sam	<b>14:00-14:45</b> Teen Gym 11-17 year olds Sam	<b>09:30-10:30</b> Teen Gym 11-17 year olds Diana	<b>15:00-16:00</b> Teen Gym 11-17 year olds Gym Team	<b>14:00-14:45</b> Kids Climbing 7-17 year olds Gym Team
<b>17:00-17:45</b> Kids Climbing 7-17 year olds Diana	<b>15:00-15:45</b> Kids Climbing 7-17 year olds Sam	<b>15:00-15:45</b> Kids Climbing 7-17 year olds Sam	<b>15:00-15:45</b> Kids Climbing 7-17 year olds Sam	<b>16:00-17:00</b> Teen Gym 11-17 year olds Diana	<b>17:00-18:00</b> Badminton & Table Tennis Fun for all the family	<b>15:00-16:00</b> Teen Gym 11-17 year olds Gym Team
<b>18:00-19:00</b> Badminton & Table Tennis Fun for all the family			<b>18:00-19:00</b> Badminton & Table Tennis Fun for all the family	<b>17:00-17:45</b> Kids Climbing 7-17 year olds Diana		

