

# Activity Timetable

## Term Time

MONDAY

**20:00-21:00**

**Social Badminton**

Fun for all the family

TUESDAY

WEDNESDAY

THURSDAY

**18:00-19:00**

**Social Badminton**

Fun for all the family

FRIDAY

SATURDAY

**14:00-14:45**

**Kids Climbing**

7-17 year olds

Climbing Wall

**15:00-16:00**

**Teen Gym**

11-18 year olds

Gym

**17:00-18:00**

**Social Badminton**

Fun for all the family

SUNDAY

**11:00-12:00**

**Social Badminton**

Fun for all the family

2 courts only

**14:00-14:45**

**Kids Climbing**

7-17 year olds

Climbing Wall

**15:00-16:00**

**Teen Gym**

11-18 year olds

Gym

### Please Note

There are some occasions where activities may be moved, changed or cancelled.

Please book in advance to avoid disappointment.



**Chigwell**

SPORT & WELLNESS CENTRE