

Activity Timetable

Monday 30th March 2026 - Sunday 5th April 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
09:00-09:45 Teen Gym 11-17 year olds Diana	09:30-10:15 Teen Gym 11-17 year olds Kate	14:00-14:45 Kids Climbing 7-17 year olds Sam	15:00-15:45 Teen Gym 11-17 year olds Sam	09:30-10:15 Teen Gym 11-17 year olds Kate	13:00-13:45 Teen Gym 11-17 year olds Gym	10:00-11:00 Social Badminton Fun for all the family
17:00-17:45 Kids Climbing 7-17 year olds Diana	17:00-17:45 Kids Climbing 7-17 year olds Diana	15:00-15:45 Teen Gym 11-17 year olds Sam	17:00-17:45 Kids Climbing 7-17 year olds Sam		14:00-14:45 Kids Climbing 7-17 year olds Climbing Wall	
18:00-19:00 Social Badminton Fun for all the family			18:00-19:00 Social Badminton Fun for all the family		15:00-15:45 Teen Gym 11-18 year olds Gym	
			21:00-22:00 Social Badminton Fun for all the family		15:00-18:00 Social Badminton & Tennis Tennis Fun for all the family	

Please Note

There are some occasions where activities may be moved, changed or cancelled.
Please book in advance to avoid disappointment.

Activity Timetable

Monday 6th April 2026 - Sunday 12th April 2026

MONDAY

TUESDAY

09:30-10:15

Teen Gym
11-17 year olds
Kate

WEDNESDAY

14:00-14:45

Kids Climbing
7-17 year olds
Sam

THURSDAY

15:00-15:45

Teen Gym
11-17 year olds
Sam

FRIDAY

09:30-10:15

Teen Gym
11-17 year olds
Kate

SATURDAY

15:00-18:00

**Social Badminton
& Tennis Tennis**
Fun for all the family

SUNDAY

10:00-11:00

Social Badminton
Fun for all the family

15:00-15:45

Teen Gym
11-17 year olds
Sam

17:00-17:45

Kids Climbing
7-17 year olds
Sam

18:00-19:00

Social Badminton
Fun for all the family

21:00-22:00

Social Badminton
Fun for all the family

13:00-13:45

Teen Gym
11-17 year olds
Gym

14:00-14:45

Kids Climbing
7-17 year olds
Climbing Wall

15:00-15:45

Teen Gym
11-18 year olds
Gym

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Chigwell

SPORT & WELLNESS CENTRE

Activity Timetable

Monday 13th April 2026 - Sunday 19th April 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
09:00-18:00 Social Badminton & Tennis Tennis Fun for all the family	09:00-18:00 Social Badminton & Tennis Tennis Fun for all the family	09:00-17:00 Social Badminton & Tennis Tennis Fun for all the family	09:00-18:00 Social Badminton & Tennis Tennis Fun for all the family	09:00-18:00 Social Badminton & Tennis Tennis Fun for all the family	13:00-13:45 Teen Gym 11-17 year olds Gym	10:00-11:00 Social Badminton Fun for all the family
18:00-19:00 Social Badminton Fun for all the family	09:30-10:15 Teen Gym 11-17 year olds Kate	09:30-10:15 Teen Gym 11-17 year olds Kate	15:00-15:45 Teen Gym 11-17 year olds Sam	09:30-10:15 Teen Gym 11-17 year olds Kate	14:00-14:45 Kids Climbing 7-17 year olds Climbing Wall	13:00-13:45 Teen Gym 11-17 year olds Gym
		14:00-14:45 Kids Climbing 7-17 year olds Sam	17:00-17:45 Kids Climbing 7-17 year olds Sam		15:00-15:45 Teen Gym 11-18 year olds Gym	14:00-14:45 Kids Climbing 7-17 year olds Climbing Wall
		15:00-15:45 Teen Gym 11-17 year olds Sam	18:00-19:00 Social Badminton Fun for all the family		15:00-18:00 Social Badminton & Tennis Tennis Fun for all the family	15:00-15:45 Teen Gym 11-18 year olds Gym
			21:00-22:00 Social Badminton Fun for all the family			

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