

Activity Timetable

Monday 6th July 2026 - Sunday 12th July 2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

09:00-18:30

**Social Badminton
& Tennis Tennis**

Fun for all the family

09:00-18:30

**Social Badminton
& Tennis Tennis**

Fun for all the family

13:00-13:45

Teen Gym
11-17 year olds
Gym

10:00-17:00

Social Badminton
Fun for all the family

14:00-14:45

Kids Climbing
7-17 year olds
Sam

10:00-10:45

Teen Gym
11-17 year olds
Kate

14:00-14:45

Kids Climbing
7-17 year olds
Sam

13:00-13:45

Teen Gym
11-17 year olds
Gym

16:00-16:45

Teen Gym
11-17 year olds
Sam

16:00-16:45

Teen Gym
11-17 year olds
Jourdan

15:00-15:45

Teen Gym
11-18 year olds
Gym

14:00-14:45

Kids Climbing
7-17 year olds
Sam

21:00-22:00

Social Badminton
Fun for all the family

21:00-22:00

Social Badminton
Fun for all the family

21:00-22:00

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



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SPORT & WELLNESS CENTRE

Activity Timetable

Monday 13th July 2026 - Sunday 19th July 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
09:00-22:00 Social Badminton & Tennis Tennis Fun for all the family	09:00-18:30 Social Badminton & Tennis Tennis Fun for all the family	09:00-17:30 Social Badminton & Tennis Tennis Fun for all the family	09:00-18:30 Social Badminton & Tennis Tennis Fun for all the family	09:00-18:30 Social Badminton & Tennis Tennis Fun for all the family	13:00-13:45 Teen Gym 11-17 year olds Gym	10:00-17:00 Social Badminton Fun for all the family
16:00-16:45 Teen Gym 11-17 year olds Jourdan	10:00-10:45 Teen Gym 11-17 year olds Kate	10:00-10:45 Kids Climbing 7-17 year olds Kate	14:00-14:45 Kids Climbing 7-17 year olds Sam	10:00-10:45 Teen Gym 11-17 year olds Kate	15:00-15:45 Teen Gym 11-18 year olds Gym	13:00-13:45 Teen Gym 11-17 year olds Gym
	16:00-16:45 Teen Gym 11-17 year olds Jourdan	21:00-22:00 Social Badminton Fun for all the family	16:00-16:45 Teen Gym 11-17 year olds Sam	16:00-16:45 Teen Gym 11-17 year olds Jourdan	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		21:00-22:00 Social Badminton Fun for all the family	21:00-22:00 Social Badminton Fun for all the family		



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SPORT & WELLNESS CENTRE

Activity Timetable

Monday 20th July 2026 - Sunday 26th July 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
15:30-22:00 Badminton & Tennis Tennis Fun for all the family	15:30-18:30 Badminton & Tennis Tennis Fun for all the family	15:30-22:00 Badminton & Tennis Tennis Fun for all the family	15:30-18:30 Badminton & Tennis Tennis Fun for all the family	15:30-18:30 Badminton & Tennis Tennis Fun for all the family	13:00-13:45 Teen Gym 11-17 year olds Gym	10:00-17:00 Social Badminton Fun for all the family
16:00-16:45 Teen Gym 11-17 year olds Jourdan	10:00-10:45 Teen Gym 11-17 year olds Kate	10:00-10:45 Kids Climbing 7-17 year olds Kate		10:00-10:45 Teen Gym 11-17 year olds Kate	14:00-14:45 Kids Climbing 7-17 year olds Sam	13:00-13:45 Teen Gym 11-17 year olds Gym
	16:00-16:45 Teen Gym 11-17 year olds Jourdan	21:00-22:00 Social Badminton Fun for all the family		16:00-16:45 Teen Gym 11-17 year olds Jourdan	15:00-15:45 Teen Gym 11-18 year olds Gym	14:00-14:45 Kids Climbing 7-17 year olds Sam
	21:00-22:00 Social Badminton Fun for all the family		21:00-22:00 Social Badminton Fun for all the family	21:00-22:00 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



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SPORT & WELLNESS CENTRE

Activity Timetable

Monday 27th July 2026 - Sunday 2nd August 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
15:30-22:00 Badminton & Tennis Tennis Fun for all the family	15:30-18:30 Badminton & Tennis Tennis Fun for all the family	15:30-22:00 Badminton & Tennis Tennis Fun for all the family	15:30-18:30 Badminton & Tennis Tennis Fun for all the family	15:30-18:30 Badminton & Tennis Tennis Fun for all the family	13:00-13:45 Teen Gym 11-17 year olds Gym	10:00-17:00 Social Badminton Fun for all the family
16:00-16:45 Teen Gym 11-17 year olds Jourdan	10:00-10:45 Teen Gym 11-17 year olds Kate	10:00-10:45 Kids Climbing 7-17 year olds Kate		10:00-10:45 Teen Gym 11-17 year olds Kate	14:00-14:45 Kids Climbing 7-17 year olds Sam	13:00-13:45 Teen Gym 11-17 year olds Gym
	16:00-16:45 Teen Gym 11-17 year olds Jourdan	16:00-16:45 Teen Gym 11-17 year olds Sam		16:00-16:45 Teen Gym 11-17 year olds Jourdan	15:00-15:45 Teen Gym 11-18 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	21:00-22:00 Social Badminton Fun for all the family	21:00-22:00 Social Badminton Fun for all the family	21:00-22:00 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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SPORT & WELLNESS CENTRE

Activity Timetable

Monday 3rd August 2026 - Sunday 9th August 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
15:30-22:00 Badminton & Tennis Tennis Fun for all the family	15:30-18:30 Badminton & Tennis Tennis Fun for all the family	15:30-22:00 Badminton & Tennis Tennis Fun for all the family	15:30-18:30 Badminton & Tennis Tennis Fun for all the family	15:30-18:30 Badminton & Tennis Tennis Fun for all the family	13:00-13:45 Teen Gym 11-17 year olds Gym	10:00-17:00 Social Badminton Fun for all the family
16:00-16:45 Teen Gym 11-17 year olds Jourdan	10:00-10:45 Teen Gym 11-17 year olds Kate	10:00-10:45 Kids Climbing 7-17 year olds Kate	16:00-16:45 Teen Gym 11-17 year olds Sam	10:00-10:45 Teen Gym 11-17 year olds Kate	15:00-15:45 Teen Gym 11-18 year olds Gym	13:00-13:45 Teen Gym 11-17 year olds Gym
	16:00-16:45 Teen Gym 11-17 year olds Jourdan	21:00-22:00 Social Badminton Fun for all the family	17:00-17:45 Kids Climbing 7-17 year olds Sam	16:00-16:45 Teen Gym 11-17 year olds Jourdan	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		21:00-22:00 Social Badminton Fun for all the family	21:00-22:00 Social Badminton Fun for all the family		



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SPORT & WELLNESS CENTRE

Activity Timetable

Monday 10th August 2026 - Sunday 16th August 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
15:30-22:00 Badminton & Tennis Tennis Fun for all the family	15:30-18:30 Badminton & Tennis Tennis Fun for all the family	15:30-22:00 Badminton & Tennis Tennis Fun for all the family	15:30-18:30 Badminton & Tennis Tennis Fun for all the family	15:30-18:30 Badminton & Tennis Tennis Fun for all the family	13:00-13:45 Teen Gym 11-17 year olds Gym	10:00-17:00 Social Badminton Fun for all the family
16:00-16:45 Teen Gym 11-17 year olds Jourdan	10:00-10:45 Teen Gym 11-17 year olds Kate	10:00-10:45 Kids Climbing 7-17 year olds Kate	16:00-16:45 Teen Gym 11-17 year olds Sam	10:00-10:45 Teen Gym 11-17 year olds Kate	14:00-14:45 Kids Climbing 7-17 year olds Sam	13:00-13:45 Teen Gym 11-17 year olds Gym
	16:00-16:45 Teen Gym 11-17 year olds Jourdan	21:00-22:00 Social Badminton Fun for all the family	17:00-17:45 Kids Climbing 7-17 year olds Sam	16:00-16:45 Teen Gym 11-17 year olds Jourdan	15:00-15:45 Teen Gym 11-18 year olds Gym	14:00-14:45 Kids Climbing 7-17 year olds Sam
	21:00-22:00 Social Badminton Fun for all the family		21:00-22:00 Social Badminton Fun for all the family	21:00-22:00 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



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SPORT & WELLNESS CENTRE

Activity Timetable

Monday 17th August 2026 - Sunday 23rd August 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
15:30-22:00 Badminton & Tennis Tennis Fun for all the family	15:30-18:30 Badminton & Tennis Tennis Fun for all the family	15:30-22:00 Badminton & Tennis Tennis Fun for all the family	15:30-18:30 Badminton & Tennis Tennis Fun for all the family	15:30-18:30 Badminton & Tennis Tennis Fun for all the family	13:00-13:45 Teen Gym 11-17 year olds Gym	10:00-17:00 Social Badminton Fun for all the family
16:00-16:45 Teen Gym 11-17 year olds Jourdan	10:00-10:45 Teen Gym 11-17 year olds Kate	10:00-10:45 Kids Climbing 7-17 year olds Kate	16:00-16:45 Teen Gym 11-17 year olds Sam	10:00-10:45 Teen Gym 11-17 year olds Kate	15:00-15:45 Teen Gym 11-18 year olds Gym	13:00-13:45 Teen Gym 11-17 year olds Gym
	16:00-16:45 Teen Gym 11-17 year olds Jourdan	21:00-22:00 Social Badminton Fun for all the family	17:00-17:45 Kids Climbing 7-17 year olds Sam	16:00-16:45 Teen Gym 11-17 year olds Jourdan	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		21:00-22:00 Social Badminton Fun for all the family	21:00-22:00 Social Badminton Fun for all the family		



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SPORT & WELLNESS CENTRE

Activity Timetable

Monday 24th August 2026 - Sunday 30th August 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
15:30-22:00 Badminton & Tennis Tennis Fun for all the family	15:30-18:30 Badminton & Tennis Tennis Fun for all the family	15:30-22:00 Badminton & Tennis Tennis Fun for all the family	15:30-18:30 Badminton & Tennis Tennis Fun for all the family	15:30-18:30 Badminton & Tennis Tennis Fun for all the family	13:00-13:45 Teen Gym 11-17 year olds Gym	10:00-17:00 Social Badminton Fun for all the family
16:00-16:45 Teen Gym 11-17 year olds Jourdan	10:00-10:45 Teen Gym 11-17 year olds Kate	10:00-10:45 Kids Climbing 7-17 year olds Kate	16:00-16:45 Teen Gym 11-17 year olds Sam	10:00-10:45 Teen Gym 11-17 year olds Kate	14:00-14:45 Kids Climbing 7-17 year olds Sam	13:00-13:45 Teen Gym 11-17 year olds Gym
	16:00-16:45 Teen Gym 11-17 year olds Jourdan	21:00-22:00 Social Badminton Fun for all the family	17:00-17:45 Kids Climbing 7-17 year olds Sam	16:00-16:45 Teen Gym 11-17 year olds Jourdan	15:00-15:45 Teen Gym 11-18 year olds Gym	14:00-14:45 Kids Climbing 7-17 year olds Sam
	21:00-22:00 Social Badminton Fun for all the family		21:00-22:00 Social Badminton Fun for all the family	21:00-22:00 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



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SPORT & WELLNESS CENTRE