



Downs Leisure Centre

Studio Refurbishment

Due to the **refurbishment** of the **Studio** between the **8th September to 10th September** (inclusive) the following classes/activities have either been relocated to another venue or a change of time.

Friday 8th September	Class/Activity	Information/relocation
9:00 a.m. - 4:30 p.m.	Dinos Soft Play	Early Closure
9:30 a.m. - 10:45 a.m.	Tai Chi	Sports Hall
10:00 a.m. - 12:00 p.m.	Seniors Badminton	3 Badminton courts only
9:00 a.m. - 10:00 a.m.	Core & More	Change of time - Sutton Hall
10:00 a.m. - 11:00 a.m.	Body Combat	Change of time - Sutton Hall
11:15 a.m. - 1:15 p.m.	Table Tennis Group	Sutton Hall
12:00 p.m. - 1:30 p.m.	Postural Stability	Sports Hall
5:00 p.m. - 5:45 p.m.	Indoor Cycling	Dinos
6:00 p.m. - 7:00 p.m.	Body Pump	Dinos
7:00 p.m. - 8:00 p.m.	Clubbercise	Dinos
Saturday 9th September	Class/Activity	Information/relocation
9:00 a.m. - 10:00 a.m.	Body Pump	Sports Hall
10:00 a.m. - 11:00 a.m.	Cardio & More	Sports Hall
11:30 a.m. - 1:00 p.m.	Disco Dancing	Sports Hall
Sunday 10th September	Class/Activity	Information/relocation
9:00 a.m. - 9:45 a.m.	Indoor Cycling	Sutton Hall
9:30 a.m. - 10:30 a.m.	Soo Bahk Do	Sports Hall
10:00 a.m. - 11:00 a.m.	Boxercise	Sutton Hall
3:00 p.m. - 4:30 p.m.	Kickboxing	Sutton Hall

Thank you for your support during this refurbishment.

