

SUTTON SPORTS VILLAGE

50+ CLUB TIMETABLE

MONDAY			
TIME	CLASS	LOCATION	PRICE
08:00 - 12:00	Social Activities	Sports Lounge	£4.30
08:00 - 12:00	Tennis	Courts 1,2,3	£4.30
10:30 - 11:30	Aerobics	Studio 1	£4.30
10:30 - 11:30	Pilates	Party room 3	£8.10
10:30 - 11:30	Walking Football	Astro Turf Pitch	£4.30
12:00 - 13:00	Yoga	Studio 2	£8.10
TUESDAY			
TIME	CLASS	LOCATION	PRICE
08:00 - 12:00	Social Activities	Sports Lounge	£4.30
08:00 - 12:00	Tennis	Courts 1	£4.30
09:15 - 10:15	Pilates	Party room 3	£8.10
10:30 - 11:30	Walking Netball	Astro Turf Pitch	£4.30
09:30 - 10:30	Dance Aerobics - Aerolatino	Studio 1	£8.10
10:45 - 11:45	Body Balance	Studio 2	£8.10
WEDNESDAY			
TIME	CLASS	LOCATION	PRICE
08:00 - 12:00	Social Activities	Sports Lounge	£4.30
08:00 - 12:00	Badminton	Court 1	£4.30
08:00 - 12:00	Tennis	Court 3	£4.30
08:00 - 12:00	Table Tennis	Court 1	£4.30
08:00 - 12:00	Short tennis	Court 2	£4.30
08:00 - 12:00	Short Mat Bowls	Court 3	£4.30
08:00 - 12:00	Darts	Court 1	£4.30
09:30 - 10:30	Aerobics	Studio 1	£4.30
10:30 - 11:15	Group Cycle	Group Cycle Studio	£8.10
10:30 - 12:00	Yoga	Studio 2	£8.10
11:30 - 12:30	Line Dancing	Studio 1	£4.30
THURSDAY			
TIME	CLASS	LOCATION	PRICE
08:00 - 12:00	Social Activities	Sports Lounge	£4.30
08:00 - 12:00	Badminton	Court 1	£4.30
08:00 - 12:00	Table Tennis	Court 1	£4.30
08:00 - 12:00	Short Mat Bowls	Court 3	£4.30
08:00 - 12:00	Darts	Court 1	£4.30
09:30 - 10:30	Zumba	Studio 1	£8.10
10:30 - 11:30	Walking Football	Astro Turf Pitch	£4.30
FRIDAY			
TIME	CLASS	LOCATION	PRICE
08:00 - 12:00	Social Activities	Sports Lounge	£4.30
08:00 - 12:00	Badminton Drop In	Court 1,2	£4.30
08:00 - 12:00	Table Tennis	Court 3	£4.30
08:00 - 12:00	Short Mat Bowls	Court 3	£4.30
08:00 - 12:00	Tennis	Court 3	£4.30
08:00 - 12:00	Darts	Court 3	£4.30
09:30 - 10:30	Dance Aerobics - Aerolatino	Studio 1	£8.10

All Club and off-peak classes are included in your Better Health & Fitness Concession Off-Peak Membership if you pay by DD or annually.

Book your classes online at www.better.org.uk/sutton

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