

# WOMEN'S ONLY DAY PROGRAMME AT WALTHAMSTOW LEISURE CENTRE

When: Saturday 8<sup>th</sup> March 2014

Time: 9am – 5pm

All Activities are FREE on the day on a first come first serve basis

TIME	SPORTS HALL COURT 1 & 2	SPORTS HALL COURT 3	SPORTS HALL COURT 4	SPORTS HALL COURTS 5 & 6	GROUP EXERCISE STUDIO	GYMNASIUM	FITNESS CENTRE	SQUASH COURT 1 & 2	RED CRUM	CRECHE	OUTDOOR	RECEPTION		
09:00		BADMINTON: 09:00 – 17:00	TABLE TENNIS: 09:00 – 17:00											
09:30														
10:00														
10:30	NETBALL: 09:30 – 11:00						BRAZILIAN DANCE: 10:00 – 11:00 (2 X 30MINS SESSIONS)	UNDER 5'S ACTIVITY: 09:00 – 11:00			FOOTBALL: 09:30 – 11:00		OUTDOOR BEGINNERS RUNNING : 10:00 – 11:00	
11:00	STREET DANCE: 11:00 -12:00													
11:30						TRAMPOLINING: 11:00 – 13:00	TAI-CHI: 11:30 – 12:30		BOOKABLE GYM INDUCTIONS: 09:00 – 17:00 (15 MINUTES FOR EACH INDUCTION)			CRECHE: 09:30 – 14:00		
12:00	BASKETBALL: 12:00 -13:00									SQUASH: ALL DAY				
12:30								GYMNASTICS 13:00 – 14:00						
13:00														
13:30	SEATED VOLLEY BALL: 13:30 – 14:30													
14:00						TRAMPOLINING: 14:00 – 16:00	BOXING: 14:00 – 15:00	UNDER 5'S ACTIVITY: 14:30 – 16:00						
14:30	STREET DANCE: 14:30 – 15:30													
15:00														
15:30														
16:00														
16:30							JUDO: 16:00 – 17:00				HOCKEY: 15:00 – 16:30			
17:00														INFORMATION HUB ALL DAY