WOMEN'S ONLY DAY PROGRAMME AT WALTHAMSTOW LEISURE CENTRE

When: Saturday 5th March
Time: 9am – 5pm

All Activities are FREE on the day on a first come first serve basis. For more information please email Walthamstow@gll.org or call 0208 520 7464.

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09:00	Table Tennis: 09:00 - 17:00	Trampolining 11:00 – 15:00	Badminton 09:00 – 17:00 Football Sab 1400-1600	Basket ball 1100-1300 Pole / Ariel 1300-1500	Tai Chi 11:45-12:45 GEX Tasters 1300-1500	Gymnastics 9:00 – 10:30 Under 5's Activities 11.00-13..00	Bookable Gym Inductions 0900-1700 (15 min per slot)	Squash 09.00-17.00		Crèche: 09:00 - 14:00	Information hub and Stalls
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