



Keith Sports & Community Centre Activities Timetable

Monday 10th October 2016 – Friday 23rd December 2016

Monday	10.00am - 11.00am	Spinning Class (<i>Upper floor of Community Centre</i>)
	7.00pm - 10.00pm	Badminton Club
Tuesday	9.30am - 11.00am	Spinning Classes (<i>Upper floor of Community Centre</i>)
	6.00pm - 8.15pm	Spinning Classes (<i>Upper floor of Community Centre</i>)
	6.30pm - 8.30pm	Taekwando
	8.30pm - 9.30pm	Adult Five A-Side Football (<i>Open to Public</i>)
Wednesday	9.30am - 11.30am	50+ Scrabble Group
	6.00pm - 8.15pm	Spinning Classes (<i>Upper floor of Community Centre</i>)
	6.00pm - 7.00pm	Athletics Club
	7.00pm - 10.00pm	Isla Volleyball Club
Thursday	9.30am - 11.00am	Spinning Classes (<i>Upper floor of Community Centre</i>)
	6.00pm - 8.15pm	Spinning Classes (<i>Upper floor of Community Centre</i>)
	6.00pm - 8.30pm	Isla Archery
	8.30pm - 9.30pm	Adult Five A-Side Football (<i>Open to Public</i>)
Friday	5.00pm - 6.30pm	Adult Five A-Side Football (<i>Open to Public</i>)
	5.00pm - 8.15pm	Spinning Classes (<i>Upper floor of Community Centre</i>)
	6.30pm - 7.45pm	Fit Life Exercise Class (<i>Functional Fitness</i>)
Saturday	9.30am - 10.30am	Spinning Class (<i>Upper floor of Community Centre</i>)
	11.00am - 2.00pm	Public access to sports hall for basket ball / football etc.
	2.00pm - 4.00pm	Badminton Open session
Sunday	10.00am - 10.15am	Spinning Class Beginners (<i>Upper floor of Community Centre</i>)
	10.45am - 11.15am	Spinning Class (<i>Upper floor of Community Centre</i>)
	12 noon - 4.00pm	Public access to sports hall for basket ball / football etc.

Notes:

1. Please contact the booking office for group leader's details and further information.
2. Please note that the Sports Hall may be subject to private hires at weekends, please check with Reception.

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