
















### BOOK NOW



### DON'T FORGET YOUR LOYALTY CARD!

Collect stamps at each session you attend and you can win prizes each term.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
LEARN TO LIFT 11am to 12pm 	LEARN TO LIFT 10am to 11am 	TRUE GRIT 7.30am to 8.30am 	BEGINNERS STAFF TENNIS 12pm to 1pm 	STAFF LIFTING 12pm to 1pm 
SOCIAL NETBALL 12.30pm to 1.30pm 	TRUE GRIT 1pm to 2pm 	CARDIO TENNIS 11am to 12pm 	INTERMEDIATE STAFF TENNIS 1pm to 2pm 	
STAFF CARDIO TENNIS 12pm to 1pm 	WEIGHTLIFTING CLUB 6pm to 7.30pm 		FOOTBALL COACHING 5pm to 6pm 	LEARN TO LIFT 5pm to 6pm 
			WEIGHTLIFTING CLUB 6pm to 7.30pm 	CARDIO TENNIS 7pm to 8pm 
			BEGINNERS TENNIS 8pm to 9pm 	INTERMEDIATE TENNIS 9pm to 10pm 

### MORE INFO



SESSION TAKES  
PLACE IN THE GYM

SESSION TAKES  
PLACE IN THE  
SPORTS CENTRE

SESSION TAKES  
PLACE AT THE  
PAVILION

### ALL STUDENTS, STAFF, ALUMNI, AND MEMBERS OF THE PUBLIC WELCOME

ALL Active+ sessions are free for Premium Plus and Plus members.  
Pay to Play members pay the per session booking rate.