

WYCOMBE 50 PLUS ACTIVITIES

Monday Afternoon

| | | |
|------------------|---------------|---------------|
| Swimming | 12.30 – 16.30 | Swimming Pool |
| Badminton | 12.30 – 16.30 | Main Hall |
| Racketball | 12.30 – 16.30 | Squash Court |
| Short Tennis | 12.30 – 16.30 | Main Hall |
| Table Tennis | 12.30 – 16.30 | Main Hall |
| Supple Strength* | 12.30 – 13.10 | Studio 1 |
| Keep Fit* | 13.15 – 14.00 | Main Hall |
| Pilates* | 13.15 – 14.00 | Studio 1 |
| VeraFlow* | 14.00 – 14.45 | Main Hall |
| Tai Chi* | 14.00 – 14.45 | Studio 1 |
| Group Cycling* | 14.15 – 14.45 | Cycle Studio |
| Announcements | 15.00 – 15.05 | Main Hall |
| Short Mat Bowls | 15.05 – 16.30 | Main Hall |
| Zumba Gold* | 15.15 – 16.00 | Studio 1 |

Friday Morning

| | | |
|------------------|---------------|---------------|
| Swimming | 08.30 – 13.00 | Swimming Pool |
| Bowls | 08.30 – 10.25 | Bowls Hall |
| Yoga* | 08.30 – 09.30 | Studio 1 |
| Badminton | 08.45 – 12.45 | Main Hall |
| Racketball | 08.45 – 12.30 | Squash Court |
| Short Tennis | 08.45 – 12.45 | Main Hall |
| Table Tennis | 08.45 – 12.45 | Main Hall |
| Keep Fit* | 08.45 – 09.30 | Main Hall |
| | 09.45 – 10.30 | Main Hall |
| Announcements | 10.30 – 10.35 | Main Hall |
| Volleyball | 10.30 – 11.30 | Main Hall |
| Group Cycling* | 11.00 – 11.30 | Cycle Studio |
| Supple Strength* | 11.30 – 12.15 | Studio 1 |

Wednesday Morning/Afternoon

| | | |
|------------------|---------------|---------------|
| Supple Strength* | 11.30 – 12.15 | Studio 1 |
| Pilates* | 12.15 – 13.00 | Studio 1 |
| Short Tennis | 12.00 – 14.00 | Main Hall |
| Racketball | 12.00 – 14.00 | Squash Court |
| Swimming | 11.30 – 14.00 | Swimming Pool |

* Numbers restricted. Book in advance at Reception

Revised March 2017

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