

50+ Events for Term Time



Mondays:

Table Tennis / Volleyball	1:00pm - 4:00pm
Fitness Suite (members only)	1:00pm - 4:00pm
Aerobics*	1:15pm - 2:15pm
Badminton	2:35pm - 3:35pm
Refreshments (self-service)	2:00pm - 3:00pm
Swimming	3:00pm - 4:00pm

Thursdays:

Aerobics*	2:00pm - 3:00pm
Table Tennis / Volleyball	1:00pm - 4:00pm
Fitness Suite (members only)	12:00pm - 4:00pm
Sedate Swimming	3:00pm - 4:00pm
Refreshments (self-service)	2:00pm - 3:00pm
Badminton	3:35pm - 4:35pm

* Aerobics classes are subject to the availability of an instructor

CARLTON FORUM
LEISURE CENTRE

Telephone 0115 987 2333

www.gedling.gov.uk

50+ Events for Holidays



Mondays:

Badminton	12:30pm - 2:00pm
Table Tennis / Volleyball	12:30pm - 4:00pm
Fitness Suite (members only)	12:00pm - 4:00pm
Aerobics*	1:15pm - 2:15pm
Refreshments (self-service)	2:00pm - 3:00pm
Swimming	3:00pm - 4:00pm

Thursdays:

Table Tennis / Volleyball	12:30pm - 4:00pm
Fitness Suite (members only)	12:00pm - 4:00pm
Refreshments (self-service)	2:00pm - 3:00pm
Swimming (public)	3:00pm - 4:00pm
Badminton	12:30pm - 2:00pm
Aerobics*	2:00pm - 3:00pm

* Aerobics classes are subject to the availability of an instructor

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