

SURREY SPORTS PARK

OPEN DAY

	Arena A	Arena B	Arena C	Climbing Wall	Fitness Suite	Studio A & B	Indoor Cycling Studio	The Rig	Pool (Shallow End)	Pool (Deep End)	Tennis Courts 1 & 2	Outdoor Netball Courts 1 & 2	Outdoor Netball Courts 3 & 4	Squash Courts 1 & 2	Squash Courts 3-6				
08:30																			
09:00							Coach By Colour 08:45-09:30							HIIT Squash 09:00-10:00					
09:30							Vibe 09:45-10:30												
10:00	3v3 Junior Basketball Tournament 10:00-13:00		Adult No Strings Badminton 10:00-11:30	Open Access 10:00-16:00	Open Access 10:00-16:00	Body Pump (LM Launch) 10:00-10:55						Junior Netball Coaching 10:00-11:00	Back To Netball 10:00-11:00	HIIT Squash 10:00-11:00	Drop-In Squash 10:00-12:40				
10:30																			
11:00										Body Attack (LM Launch) 11:10-12:05		Condition 11:00-11:45				Junior Netball Coaching 11:15-12:15	Walking Netball 11:15-12:15		
11:30						Adult Drop-In Badminton 11:30-12:30													
12:00										Body Balance (LM Launch) 12:15-13:10		Hybrid 12:00-12:45	Family Swim & Swim Academy Assessments 11:30-14:00						
12:30																			
13:00			Family Drop-In Badminton 13:00-14:00					Strength 13:00-13:45			Cardio Tennis 13:00-14:00			Drop-In Squash 11:20-16:00	Facilitated Squash Session 12:40-13:20				
13:30	Family Drop-In 3v3 Basketball 13:15-14:15					Zumba 13:20-14:15													
14:00										Lane Swimming 11:30-16:00									
14:30						Yoga 14:25-15:20													
15:00	Your Time To Ball 15:00-16:00	Walking Basketball 15:00-16:00	Saturday Sports Club 14:30-16:30								Junior Tennis & Family Open Session 14:00-16:00				Drop-In Squash 13:20-16:00				
15:30						Combat 15:30-16:25		Open Rig 14:00-18:00	Family Swim & Adult Swim Fit 14:30-16:00										
16:00																			
16:30	Raveaerobics 16:30-17:30																		
17:00																			
17:30																			

Adults Only
 Juniors Only
 Family-Friendly