

# SPORTS HALL

4:00 4:30 5:00 5:30 6:00 6:30 7:00 7:30 8:00 8:30

MONDAY

 Badminton  Tennis

 Basketball

TUESDAY

 Badminton  Tennis  Dodgeball  Hockey

 Basketball


WEDNESDAY

 Badminton  Tennis

 Basketball

THURSDAY

 Badminton  Tennis  Cricket  Hockey

 Basketball

FRIDAY

 Badminton  Tennis

 Basketball



# GYM

4:00

4:30

5:00

5:30

6:00

6:30

7:00

7:30

8:00

8:30

MONDAY

Open gym session

Girls Only Session

Open gym session

Calisthenics

TUESDAY

Girls Only Session

Open gym session

WEDNESDAY

Open gym session

Girls Only Session

Open gym session

THURSDAY

Open gym session

Girls Only Session

Open gym session

FRIDAY

Open gym session

Girls Only Session

Open gym session

# MUGA

4:00

4:30

5:00

5:30

6:00

6:30

7:00

7:30

8:00

8:30

MONDAY



Wolves Kicks

TUESDAY



Wolves Kicks

WEDNESDAY

Open Session

The Way Football  
Training

Girls Only  
Football

THURSDAY

Girls Only  
Football

Mini League

Open  
Session

FRIDAY

Open Session

Girls Only  
Football

Open  
Session

THEWAY  
Football

# DANCE STUDIO

4:00

4:30

5:00

5:30

6:00

6:30

7:00

7:30

8:00

8:30

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Bodyweight  
Fitness

Bodyweight  
Fitness

Dance with Sophie

DLA Dance Academy

THEWAY  
An OnSide Health Zone

# REC AREA

4:00 4:30 5:00 5:30 6:00 6:30 7:00 7:30 8:00 8:30

MONDAY

Table Tennis Pool Table Tennis

TUESDAY

Table Tennis Pool

WEDNESDAY

Pool Table Tennis

THURSDAY

Table Tennis Pool Table Tennis Pool

FRIDAY

Table Tennis Pool



# BOXING GYM

4:00 4:30 5:00 5:30 6:00 6:30 7:00 7:30 8:00 8:30

MONDAY

MMA with Inpower  
Academy

TUESDAY

MMA with Inpower  
Academy

WEDNESDAY

Open Boxing Session

THURSDAY

Open Boxing Session

FRIDAY

Open Boxing Session

THEWAY  
An OnSide Health Zone

# CLIMBING

4:00

4:30

5:00

5:30

6:00

6:30

7:00

7:30

8:00

8:30

MONDAY

Climbing for  
Calm

Open Climbing Session

TUESDAY

Open Climbing Session

WEDNESDAY

Climbing for  
Calm

Open Climbing Session

THURSDAY

Open Climbing Session

FRIDAY

Climbing for  
Calm

Open Climbing Session

THEWAY  
An OnSide Health Zone