

Saturday Specials - Courts for £1
 Football for £5
 Available to all Junior Card Holders!!!

Polesworth Sports Centre - 01827 894091

Fitness Suite	9.00am-10.30pm	9.00am-10.30pm	9.00am-10.30pm	9.00am-10.30pm	9.00am-10.30pm	9.00am-10.30pm	9.00am-4.30pm	9.00am-8.00pm
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Pay and Play	You do not have to be a member to pay and play							
Squash	9.00am-10.00pm	9.00am-10.00pm	9.00am-10.00pm	9.00am-10.00pm	9.00am-10.00pm	9.00am-10.00pm	9.00am-4.30pm	9.00am-8.00pm
Badminton	9.00am-10.00pm	9.00am-10.00pm	9.00am-10.00pm	9.00am-10.00pm	9.00am-10.00pm	9.00am-10.00pm	9.00am-4.30pm	9.00am-8.00pm

	MON	TUE	WED	THU	FRI	SAT	SUN
Spinnin'	6.00-6.45pm		6.00-6.45pm	7.00-7.45pm	6.00-6.45pm		10.15-11am
Aerobics	7.00-8.00pm						
Circuit Training			7.00-8.00pm				9.00-10.00am
Pilates		7.00-8.00pm					
Legs, Bums and Tums				6.00 - 7.00pm			

All classes and Fitness Suite are for 14 years and above.

Squash and Badminton any age!!