



Keith Sports & Community Centre Activities Timetable

Monday	4.30pm - 9.45pm	Public access to sports hall for badminton / basket ball / football etc.
Tuesday	9.30am - 10.15am	Spinning Classes (<i>Upper floor of Community Centre</i>)
	6.00pm - 8.10pm	Spinning Classes (<i>Upper floor of Community Centre</i>)
	4.30pm - 6.30pm	Public access to sports hall for badminton / basket ball / football etc.
	6.30pm - 8.30pm	Taekwando
	8.30pm - 9.30pm	Adult Five A-Side Football (<i>Open to Public</i>)
Wednesday	6.00pm - 7.25pm	Spinning Classes (<i>Upper floor of Community Centre</i>)
	4.30pm - 7.00pm	Public access to sports hall for badminton / basket ball / football etc.
	7.00pm - 10.00pm	Isla Volleyball Club
Thursday	8.45am - 10.15am	Spinning Classes (<i>Upper floor of Community Centre</i>)
	6.00pm - 7.25pm	Spinning Classes (<i>Upper floor of Community Centre</i>)
	5.00pm - 6.00pm	Public access to sports hall for badminton / basket ball / football etc.
	6.00pm - 8.30pm	Isla Archery
	8.30pm - 9.30pm	Adult Five A-Side Football (<i>Open to Public</i>)
Friday	5.00pm - 6.30pm	Adult Five A-Side Football (<i>Open to Public</i>)
	6.00pm - 7.25pm	Spinning Classes (<i>Upper floor of Community Centre</i>)
	6.45pm - 9.00pm	Public access to sports hall for badminton / basket ball / football etc.
Saturday	9.30am - 10.30am	Spinning Class (<i>Upper floor of Community Centre</i>)
	9.00am - 4.00pm	Public access to sports hall for badminton / basket ball / football etc.
Sunday	10.30am - 11.15am	Spinning Class <i>Beginners</i> (<i>Upper floor of Community Centre</i>)
	9.00am - 4.00pm	Public access to sports hall for badminton / basket ball / football etc.

Notes:

1. Please contact the booking office for group leader's details and further information.
2. Please note that the Sports Hall may be subject to private hires at weekends, please check with Reception.