

# Activity Timetable

Tuesday 22<sup>nd</sup> April 2025 - Sunday 22<sup>nd</sup> June 2025

MONDAY

**18:00-19:00**

**Social Badminton**

Fun for all the family  
2 courts only

TUESDAY

WEDNESDAY

THURSDAY

**18:00-19:00**

**Social Badminton**

Fun for all the family  
2 courts only

FRIDAY

SATURDAY

**14:00-14:45**

**Kids Climbing**

7-17 year olds  
Climbing Wall

**15:00-16:00**

**Teen Gym**

11-18 year olds  
Gym

**17:00-18:00**

**Social Badminton**

Fun for all the family  
2 courts only

SUNDAY

**11:00-12:45**

**Social Badminton**

Fun for all the family  
2 courts only

**14:00-14:45**

**Kids Climbing**

7-17 year olds  
Climbing Wall

**15:00-16:00**

**Teen Gym**

11-18 year olds  
Gym



**Chigwell**

SPORT & WELLNESS CENTRE