



Gym & Exercise Classes December 2016

Sports Hall 01720 424373
Normandy Pool 01720 423645



	Gym	Exercise Classes		
Monday 19 th	0900 - 1945			
Tuesday 20 th	1200 - 1945	Spin 0715-0800	NO CIRCUITS	Spin 1830-1915
Wednesday 21 st	0900 - 1945	Aqua Fit 1830 - 1930 (Normandy Pool)		
Thursday 22 nd	1200 - 1945	Spin 0715 - 0800	Spin 1830 - 1915	
Friday 23 rd	0900 - *1800*	NO SPIN CIRCUITS		
Saturday 24 th	CHRISTMAS EVE - CLOSED			
Sunday 25 th	CHRISTMAS DAY - CLOSED			

	Gym	Exercise Classes	
Monday 26 th	BANK HOLIDAY – CLOSED		
Tuesday 27 th	BANK HOLIDAY - CLOSED		
Wednesday 28 th	0900 – 1945	Aqua Fit 1830 – 1930 (Normandy Pool)	
Thursday 29 th	1200 – 1945	Spin 0715 – 0800	Spin 1830 - 1915
Friday 30 th	0900 – *1800*	NO SPIN CIRCUITS	
Saturday 31 st	NEW YEARS EVE – CLOSED		
Sunday 1 st Jan	NEW YEARS DAY – CLOSED		



Active Scilly wishes you a very Merry Christmas and a happy,
healthy New Year





Normandy Pool – December 2016

**ACTIVE
SCILLY**

Here are the sessions on at the pool this December.

During the school holidays, there are two Children & Families swims a week, on Wednesdays and Fridays (not Saturdays).

Please take note of when the pool is closed.

Sports Hall 01720 424373 Normandy Pool 01720 423645

Monday 19 th	Adult Swim 0900-1100	Over 60's Swim 1100-1200	Adult Swim 1830-1930
Tuesday 20 th	POOL CLOSED		
Wednesday 21 st	Children & Families 1500-1600	Adult Swim 1715 - 1815	Aqua Fit 1830 - 1930
Thursday 22 nd	Adult Swim 0900-1030	Splash Tots 1030 - 1100	Over 60's Swim 1430- 1530
Friday 23 rd	Adult Swim 0900-1030	Reablement 1030 - 1130	Children & Families 1130-1230
Saturday 24 th	CHRISTMAS EVE - POOL CLOSED		
Sunday 25 th	CHRISTMAS DAY - POOL CLOSED		

Monday 26 th	BANK HOLIDAY - POOL CLOSED		
Tuesday 27 th	BANK HOLIDAY - POOL CLOSED		
Wednesday 28 th	Children & Families 1500-1600	Adult Swim 1715 - 1815	Aqua Fit 1830 - 1930
Thursday 29 th	Adult Swim 0900 - 1030	Splash Tots 1030 - 1100	
Friday 30 th	Adult Swim 0900 - 1030	Reablement 1030 - 1130	Children & Families 1130-1230
Saturday 31 st	POOL CLOSED		
Sunday 1 st Jan	NEW YEAR'S DAY - POOL CLOSED		

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