GLL
Crystal Palace National Sports Centre

National Sports Centre Reopening Programme

Week ending 12th July

Week ending 12th July	Location	Monday 6th July	Tuesday 7th July	Wednesday 8th July	Thursday 9th July	Friday 10th July	Saturday 11th July	Sunday 12th July
Public Swimming	Training Pool - 25m Pool		7pm - 8.30pm Family Swim and lanes. 8.30pm - 9.30pm Adults only		7.30pm - 9.30pm - ***Women Only***		London Swim School	3pm - 5pm - Family Swim
	Racing Pool - 50m Pool	7am - 9.30pm	7am - 9.30pm	7am - 9.30pm	7am - 9.00pm	7am - 7pm	9am - 5pm	ASA Gala
	Teaching Pool - Parent and Toddler	12pm - 1.30pm		3pm - 5pm	10am - 12pm	3pm - 5pm	10am - 2pm	ASA Gala
		3pm - 5pm						
Fitness Centre	The Lodge	7am - 9.30pm	7am - 9.30pm	7am - 9.30pm	7am - 9.30pm	7am - 9pm	9am - 5pm	9am - 5pm
Group Exercise	Dance Studio - Main building	Bums, Tums, Thighs 10am - 11am	Aerobics 6.30pm - 7.30pm	Pilates 11am - 12pm	Circuits 7pm - 8pm		Bums, Tums, Thighs 10am - 11am	Bums, Tums, Thighs 11am - 12pm
		Bums, Tums, Thighs 7pm - 8pm	Pilates 8.30pm - 9.30pm	Step and Sculpt 7pm - 8pm	Yoga 8pm - 9.30pm		Pilates 11am - 12pm	Combat 12pm - 1pm
							Pilates 12pm - 1pm	Yoga 1pm - 2.30pm
	Training Pool - 25m Pool	Water Workout 10.30am - 11.30am			Water Workout 6.30pm - 7.30pm			
		Ante / Pre Natal Water Workout 6.30pm - 7.30pm						
		Water Workout 7.30pm - 8.30pm						
Creche	Main Building	Under refurbishment	Under refurbishment	Under refurbishment	Under refurbishment	Under refurbishment	Under refurbishment	Under refurbishment
Badminton	North Balcony / Indoor Arena	Available for casual bookings 9am - 9.30pm	Available for casual bookings 9am - 9.30pm	Available for casual bookings 9am - 9.30pm	Available for casual bookings 9am - 9.30pm	Available for casual bookings 9am - 9.30pm	Available for casual bookings 9am - 5pm	Available for casual bookings 9am - 5pm
Squash Courts	Main Building	Under refurbishment	Under refurbishment	Under refurbishment	Under refurbishment	Under refurbishment	Under refurbishment	Under refurbishment
Indoor Sports Arena	Main Building	Available for casual bookings 9am - 9.30pm	Available for casual bookings 9am - 9.30pm	Available for casual bookings 9am - 9.30pm	Available for casual bookings 9am - 9.30pm	Available for casual bookings 5pm - 9.30pm	Available for casual bookings 9am - 5pm	Available for casual bookings 9am - 5pm
Athletics	Stadium / Indoor Track	Available from 2pm - 9pm	Available from 5pm - 9pm	Available 1pm - 4pm & 6pm - 9pm	Available from 4pm - 9pm	Available from 2.30pm - 9pm	Open as normal	Open as normal
Pitches	External	Open as normal	Open as normal	Open as normal	Open as normal	Open as normal	Open as normal	Open as normal