

National Sports Centre Reopening Programme

Week ending 5th July

Week ending 5th July	Location	Monday 29th June	Tuesday 30th June	Wednesday 1st July	Thursday 2nd July	Friday 3rd July	Saturday 4th July	Sunday 5th 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 Youth Games	London Youth Games
	Racing Pool - 50m Pool	7am - 9.30pm	7am - 10:30am & 12:30pm - 7pm	7am - 9.30pm	4pm - 9pm	7am - 7pm	London Youth Games	London Youth Games
	Teaching Pool - Parent and Toddler	12pm - 1.30pm		3pm - 5pm	Mini youth games	3pm - 5pm	London Youth Games	London Youth Games
		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 12pm - 9.30pm	Available for casual bookings 9am - 9.30pm	Keep Fit Event	Available for casual bookings 5pm - 9.30pm	London youth games	London Youth Games	London Youth Games
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 12pm - 9.30pm	Available for casual bookings 9am - 9.30pm	Keep Fit Event	Available for casual bookings 5pm - 9.30pm	London Youth Games	London Youth Games	London Youth Games
Athletics	Stadium / Indoor Track	Sports day 9am-3pm	Sports day 8am-4:30pm	Mini Youth Games	Mini Youth Games until 5pm	London Youth Games	London Youth Games	London Youth Games
Pitches	External	Open as normal	Open as normal	Open as normal	Open as normal	London youth games 4pm-10pm	London Youth Games	London Youth Games