

HEALTH ◦ VITALITY ◦ WELLBEING

Gym

From January 2010



**New Addington
Leisure Centre**

Studio Timetable

| Time | Class | Instructor | Location | Level |
|-----------------|---------------------|------------|----------|--------------------------|
| Monday | | | | |
| 11:00 – 13:00 | Active Lifestyles | Jimmy | Gym | GP referral |
| Tuesday | | | | |
| 16:00 – 18:00 | Junior Gym Session* | Ken | Gym | 13-15yrs |
| Thursday | | | | |
| 16:00 – 18:00 | Junior Gym Session | Ken | Gym | 13-15yrs |
| Friday | | | | |
| 13:00 – 15:00 | Active Lifestyles | David | Gym | Phase 4 & GP referral |
| Saturday | | | | |
| 08:00 – 15:00 | Junior Gym Session | Ken | Gym | 13-15yrs |
| Sunday | | | | |
| 08:00 – 15:00 | Junior Gym Session | Ken | Gym | 13-15yrs |

*Extra session during school holidays

Contact Information

New Addington Leisure Centre

Central Parade,
New Addington CR0 0JB

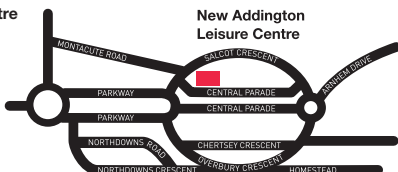
Tel: 01689 842553

Fax: 01689 845353

Opening Times

| | |
|-----------------|---------------|
| Monday | 06:30 – 22:00 |
| Tuesday | 06:30 – 22:00 |
| Wednesday | 06:30 – 22:00 |
| Thursday | 09:00 – 22:00 |
| Friday | 06:30 – 21:00 |
| Saturday/Sunday | 08:00 – 15:30 |

Where To Find Us



www.croydon-leisure.com