

## Camden Activity Calendar

Day	Location	Activity	Time
<b>Monday</b>			
	Kentish Town Sports Centre	Gym Session	11:00-12:00
	Swiss Cottage Leisure centre	Gentle Exercise	14:00-15:00
	Kentish Town Sports Centre	Flexibility	15:00-16:00
	Swiss Cottage Leisure centre	Gym Session	19:00-20:00
<b>Tuesday</b>			
	Pancras Square Leisure	Gym Session	09.00-10.00
	Swiss Cottage Leisure centre	Gym session (Women's only)	09:45-10:45
	Swiss Cottage Leisure centre	Gym Session	11:00-12:00
	Kentish Town Sports Centre	Gentle Exercise	13:30-14:30
	Pancras Square Leisure	Water Aerobics*	14:30-15.30
<b>Wednesday</b>			
	Swiss Cottage Leisure Centre	Walk	11:30-12:30
	Pancras Square Leisure	Gym Session	14:00-15:00
	Swiss Cottage Leisure Centre	Gym Session	15:00-16:00
	Pancras Square Leisure	Gym Session	19:00-20:00
<b>Thursday</b>			
	Swiss Cottage Leisure Centre	Gym Session	09:45-10:45
	Swiss Cottage Leisure Centre	Gym Session (Women's Only)	11:00-12:00
	Kentish Town Sports Centre	Walk	11:30-12:30
	Pancras Square Leisure	Gym Session	14:00-15:00
	Kentish Town Sports Centre	Gym Session	16:30-17:30
	Pancras Square Leisure	Gym Session	18:30-19:30
<b>Friday</b>			
	Pancras Square Leisure	Gym Session	09:30-10:30
	Pancras Square Leisure	Gym Session	14:00-15:00
<b>Saturday</b>			
	Swiss Cottage Leisure Centre	Gym Session	11.30-12.30

\*Last entry into changing rooms for Water Aerobics is 10 minutes prior to the session start time.

**Note:** We will notify you of any changes. You may attend any of the activities in Camden and Islington whilst on the programme. The sessions are not available during public holidays.

**Join us on our Facebook group Camden & Islington Active Health!**

## Islington Activity Calendar

Day	Location	Class	Time
<b>Monday</b>			
	Sunnyside Gardens Hazellville Road N19 3LX	Green Gym	10:45-14:00
	Highbury Pool	Total Body Tone	12:00-13:00
	Sobell Leisure Centre	Gym Session	13:00 – 14:00
	Archway Leisure Centre	Gym Session	16:00-17:00
	Sobell Leisure Centre	Gym Session	19:00-20:00
<b>Tuesday</b>			
	Archway Leisure Centre	Gym Session	09:00-10:00
	Highbury Pool	Total Body Tone	13:30-14:30
	Caledonian Road Pool	Water Aerobics*	15:00-16:00
	Islington Tennis Centre	Gym Session	19:00-20:00
<b>Wednesday</b>			
	Sobell Leisure Centre	Gym Session	10:00-11:00
	Ironmonger Row	Gym Session	11:00-12:00
	Sobell Leisure Centre	Gentle Exercise	12:30-13:30
	Ironmonger Row	Gym Session (Women's Only)	15:00-16:00
	Sobell Leisure Centre	Gym Session	19:00-20:00
<b>Thursday</b>			
	Archway Leisure Centre	Gym Session	09:00-10:00
	Archway Leisure Centre	Water Aerobics*	10:00-11:00
	Sobell Leisure Centre	Gym Session	10:30-11:30
	Archway Leisure Centre	Walk	11:00-12:00
	Sobell Leisure Centre	Flexibility Session	15:00-16:00
<b>Friday</b>			
	Highbury Pool	Walk	10:30-11:30
	Islington Tennis Centre	Gym Session	12:00-13:00
	Ironmonger Row	Gym Session	15:00-16:00
<b>Saturday</b>			
	Sobell Leisure Centre	Gym Session	09:00-10:00
	Sobell Leisure Centre	Gym Session	11:30-12:30

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