

## Camden Activity Calendar (030119)

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
	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
<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:** These sessions are available from 21st Jan 2019. 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 (030119)

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
	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>			
	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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