



BROADLAND SPORTS CLUB

Main Road, Fleggburgh, Great Yarmouth NR29 3AE Tel. 01493 369651
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CLUB & POOL OPENING TIMES FOR **NOVEMBER 2018**

Opening Hours: Mon to Fri 6.30am - 10pm Sat & Sun 8am - 8pm

PLEASE NOTE FOLLOWING GYM CLOSURES

Adult Circuit Class: Tuesday 7pm-8pm Junior Gym (10-15 yrs): Thursday 5pm-6pm & Saturday 12.15-1.15pm

Adults only swimming before 10am on Sundays, and after 8pm Monday to Friday

During School Holidays Adults Only Swimming before 10am Monday to Thursday and before 9.30am Friday

Date	Day	POOL CLOSED	POOL CLOSED	POOL CLOSED
1	Thursday		1.30-2.30pm Water Aerobics	4.00 – 6.00pm
2	Friday		10.30am-11.30am	4.00 – 6.00pm
3	Saturday	9.00am – 12.30pm		
4	Sunday	Adults only before 10am	12.00-1.00pm Aqua Dance Fusion	
5	Monday			4.30 – 5.00pm
6	Tuesday			4.00 – 5.30pm
7	Wednesday			4.00 – 6.00pm
8	Thursday		1.30-2.30pm Water Aerobics	4.00 – 6.00pm
9	Friday		10.30am-11.30am	4.00 – 6.00pm
10	Saturday	9.00am – 12.30pm		
11	Sunday	Adults only before 10am	12.00-1.00pm Aqua Dance Fusion	
12	Monday			4.30 – 5.00pm
13	Tuesday			4.00 – 5.30pm
14	Wednesday			4.00 – 6.00pm
15	Thursday		1.30-2.30pm Water Aerobics	4.00 – 6.00pm
16	Friday		10.30am-11.30am	4.00 – 6.00pm
17	Saturday	9.00am – 12.30pm	3.00 - 4.00pm Pool Party	
18	Sunday	Adults only before 10am	12.00-1.00pm Aqua Dance Fusion	
19	Monday			4.30 – 5.00pm
20	Tuesday			4.00 – 5.30pm
21	Wednesday			4.00 – 6.00pm
22	Thursday		1.30-2.30pm Water Aerobics	4.00 – 6.00pm
23	Friday		10.30am-11.30am	4.00 – 6.00pm
24	Saturday	9.00am – 12.30pm		
25	Sunday	Adults only before 10am	12.00-1.00pm Aqua Dance Fusion	
26	Monday			4.30 – 5.00pm
27	Tuesday			4.00 – 5.30pm
28	Wednesday			4.00 – 6.00pm
29	Thursday		1.30-2.30pm Water Aerobics	4.00 – 6.00pm
30	Friday		10.30am-11.30am	4.00 – 6.00pm

Fridays 6-7pm is family fun time in the pool (no extra charge)

NB. Sauna & Steam room are not available during pool closures

Swimming pool closes 20 minutes and gym closes 5 minutes before closing