

Day	Activity Slots	Time	Location
Saturday	Open Day Gym Access	08:00–20:00	Swiss Cottage Leisure Centre
Saturday	Mind & Body Fitness	08:30–09:30	Kentish Town Sports Centre
Saturday	Adult Social Badminton	09:00	Talacre Community Sports Centre
Saturday	Junior Social Badminton	09:00	Talacre Community Sports Centre
Saturday	£1 Children's Swim	09:00–10:00	Pancras Square Leisure
Saturday	Social Badminton	09:00–10:00	King's Cross Fitness
Saturday	Water Safety Development	09:00–10:30	Swiss Cottage Leisure Centre
Saturday	Gym Taster Sessions	09:00–17:00	Pancras Square Leisure
Saturday	Gym Access	09:30–17:30	Oasis Sports Centre
Saturday	Activity Slots	09:40, 10:20, 11:00, 11:40, 12:20	Talacre Community Sports Centre
Saturday	LBT	10:00–10:30	Swiss Cottage Leisure Centre
Saturday	Social Pickleball	10:00–11:00	King's Cross Fitness
Saturday	Adult & Junior Gym Access	10:00–16:00	Kentish Town Sports Centre
Saturday	Strength & Conditioning	10:30–11:00	Swiss Cottage Leisure Centre
Saturday	Water Safety Foundation	11:00–12:30	Swiss Cottage Leisure Centre
Saturday	Cardio Masterclass	11:15–12:00	Kentish Town Sports Centre
Saturday	Circuits	12:00–12:30	Swiss Cottage Leisure Centre
Saturday	Adult Social Basketball	12:00–13:00	King's Cross Fitness
Saturday	Discover (18m–3yrs)	12:00–13:00	Swiss Cottage Leisure Centre
Saturday	Table Tennis Drop-In	12:00–16:00	Pancras Square Leisure
Saturday	Strength & Conditioning	12:15–13:00	Kentish Town Sports Centre
Saturday	Body Conditioning	13:00–13:30	Swiss Cottage Leisure Centre
Saturday	Discover (3–4yrs)	13:00–14:00	Swiss Cottage Leisure Centre
Saturday	Family Fun Swim	13:00–16:00	Oasis Sports Centre
Saturday	Mind & Body Yoga Masterclass	14:00	Oasis Sports Centre
Saturday	Explore (5+yrs)	14:00–15:00	Swiss Cottage Leisure Centre
Saturday	Mind & Body Fitness	14:15–15:15	Kentish Town Sports Centre
Saturday	Strength and Conditioning Masterclass	15:00–16:00	Kentish Town Sports Centre
Saturday	Social Badminton Juniors	15:00–17:00	Swiss Cottage Leisure Centre
Saturday	Social Pickleball	15:00–17:00	Swiss Cottage Leisure Centre
Saturday	Deadlifting Masterclass w/ GSF athlete	17:30–18:15	Swiss Cottage Leisure Centre
Saturday	Benching Masterclass w/ GSF athlete	18:45–19:30	Swiss Cottage Leisure Centre
Saturday	Free Gym Access	All Day	Talacre Community Sports Centre
Saturday	Public Courts Available (Courts 3 & 4)	All Day	Swiss Cottage Leisure Centre
Saturday	Swim Sessions (Grafton & Willes)	Saturday	Kentish Town Sports Centre
Saturday	Adult Swimming Advice	Throughout Day	Pancras Square Leisure
Saturday	DJ, Giveaways, Juice & Ice Lollies	Throughout Day	Oasis Sports Centre
Sunday	Open Day Gym Access	08:00–20:00	Swiss Cottage Leisure Centre
Sunday	Children's Swimming Lesson Taster	09:00–10:00	Pancras Square Leisure
Sunday	Kids for a Quid Swim	09:00–10:00	Swiss Cottage Leisure Centre
Sunday	Mind & Body Fitness	09:00–10:00	Kentish Town Sports Centre
Sunday	Gym Taster Sessions	09:00–17:00	Pancras Square Leisure
Sunday	Ballet (4–6 yrs)	09:30–10:15	Talacre Community Sports Centre
Sunday	Social Badminton	10:00–12:00	Swiss Cottage Leisure Centre
Sunday	Social Pickleball	10:00–12:00	Swiss Cottage Leisure Centre
Sunday	Family Fun Swim	10:00–16:00	Oasis Sports Centre
Sunday	Ballet (4–6 yrs)	10:15–11:00	Talacre Community Sports Centre
Sunday	Cardio Masterclass	10:30–11:15	Kentish Town Sports Centre
Sunday	Circuit Training	11:00–11:30	Swiss Cottage Leisure Centre
Sunday	BoxFit	11:00–11:45	King's Cross Fitness
Sunday	Ballet (7–9 yrs)	11:00–12:00	Talacre Community Sports Centre
Sunday	Strength & Conditioning	11:30–12:15	Kentish Town Sports Centre
Sunday	Ballet (18m–3 yrs)	12:00–12:30	Talacre Community Sports Centre
Sunday	Ballet (10–15 yrs)	12:30–13:00	Talacre Community Sports Centre
Sunday	Cardio Masterclass	12:30–13:15	Kentish Town Sports Centre
Sunday	Dance Fitness Masterclass	13:30–14:15	Kentish Town Sports Centre
Sunday	Group Cycle	14:30–15:15	Swiss Cottage Leisure Centre