Canons Sports Centre – Members Hours Monday 25th March – Sunday 14th April (NLCS Easter Break 2024)

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| DATE | SWIMMING POOL | SPORTS HALL | FITNESS STUDIO |
| Monday 25th March | 7:30 – 8:30am, 10:30am – 1:30pm & 6:30 – 8:00pm(Aqua Aerobics Class 8:15 – 9:00pm) | 9.00am - 9.00pm | 9.00am - 9.00pm |
| Tuesday 26th March | 7:30 – 8:30am, 10:30am – 1:30pm & 6:45 - 7:30pm ***(Site Power Shutdown from 8pm)*** | 9.00am - 7.00pm***(Site Power Shutdown from 8pm)*** | 9.00am - 7.30pm***(Site Power Shutdown from 8pm)*** |
| Wednesday 27th March | 7:30 – 8:30am, 10:30am – 1:30pm & 6:00 - 9:00pm | 9.00am - 9.00pm | 9.00am - 9.00pm |
| Thursday 28th March | 7:30 – 8:30am, 10:30am – 1:30pm & 6:45 - 9:00pm | 9.00am - 9.00pm | 9.00am - 9.00pm |
| **Friday 29th March** **(BANK HOLIDAY)** | **10:00 – 11:30am, 11:45 – 1:15pm, 1:30 – 2:30pm,****2:45 – 4:15pm & 4:30 – 6:00pm** | **10.00am - 6.00pm** | **10.00am - 6.00pm** |
| Saturday 30th March | 9:00 – 10:30am, 10:45 – 11:45am, 12:00 – 1:00pm, 3:00 – 4:30pm, 4:45 – 5:45pm & 6:00 – 7:00pm | 11.00am - 7.00pm | 9.00am - 7.00pm |
| Sunday 31st March | 9:00 – 10:30am, 10:45 – 11:45am, 12:00 – 1:00pm,3:00 – 4:30pm & 4:45 – 6:00pm | 11.00am - 6.00pm | 9.00am - 6.00pm |
| **Monday 1st April** **(BANK HOLIDAY)** | **10:00 – 11:30am, 11:45 – 1:15pm, 1:30 – 2:30pm,****2:45 – 4:15pm & 4:30 – 6:00pm** | **10.00am - 6.00pm** | **10.00am - 6.00pm** |
| Tuesday 2nd – Thursday 4th April | 7:30 – 8:30am, 10:30am – 1:30pm & 6:30 - 9:00pm | 9.00am - 9.00pm | 9.00am - 9.00pm |
| Friday 5th April | 7:30 – 8:30am & 10:30 – 1:30pm | 9:00am – 8:00pm | 9:00am – 8:00pm |
| Saturday 6th April | 9:00 – 10:30am, 10:45 – 11:45am, 12:00 – 1:00pm, 3:00 – 4:30pm, 4:45 – 5:45pm & 6:00 – 7:00pm | 11.00am - 7.00pm | 9.00am - 7.00pm |
| Sunday 7th April | 9:00 – 10:30am, 10:45 – 11:45am, 12:00 – 1:00pm,3:00 – 4:30pm & 4:45 – 6:00pm | 11.00am - 6.00pm | 9.00am - 6.00pm |
| Monday 8th April  | 7:30 – 8:30am, 10:30am – 1:30pm & 6:30 – 8:00pm,(Aqua Aerobics Class 8:15 – 9:00pm) | 9.00am - 9.00pm | 9.00am - 9.00pm |
| Tuesday 9th – Thursday 11th April  | 7:30 – 8:30am, 10:30am – 1:30pm & 6:30 - 9:00pm | 9:00am – 9:00pm | 9:00am – 9:00pm |
| Friday 12th April | 7:30 – 8:30am & 10:30 – 1:30pm | 9:00am – 8:00pm | 9:00am – 8:00pm |
| Saturday 13th April | 9:00 – 10:30am, 10:45 – 11:45am, 12:00 – 1:00pm, 3:00 – 4:30pm, 4:45 – 5:45pm & 6:00 – 7:00pm | 11.00am - 7.00pm | 9.00am - 7.00pm |
| Sunday 14th April | 9:00 – 10:30am, 10:45 – 11:45am, 12:00 – 1:00pm,3:00 – 4:30pm & 4:45 – 6:00pm | 11.00am - 6.00pm | 9.00am - 6.00pm |

 ***Please note that these hours are applicable across the centre for the NLCS holiday break. Email;*** ***canonssportscentre@nlcs.org.uk*** ***Tel: 0208 951 5402***