



## WHAT'S ON

<b>JANUARY</b>	<p>10th Company Training Day</p> <p>17th Function (evening)</p> <p>17th Squash Closed Doubles Competition</p> <p>24th Northern Soul</p> <p>24th Company Traing Day</p> <p>31st Company TrainingDay</p>
<b>FEBRUARY</b>	<p>7th Funtion (evening)</p> <p>7th Closed Racketball Doubles Competition</p> <p>28th Northern Soul</p>
<b>MARCH</b>	<p>7th Function (evening)</p> <p>7th Open Squash Doubles Competition</p> <p>21st Function (evening)</p> <p>27th Northern Soul</p> <p>28th Function (day)</p>

## WINE LIST

<b>WHITE</b>	<p>Pino Grigio</p> <p>Soave Classico</p> <p>Marlborough Heartland</p> <p>Yealands Sauvignon Blanc</p>
<b>ROSE</b>	<p>Bijou</p> <p>Mirabeau</p> <p>La Terrasse</p>
<b>PROSECCO RED WINE</b>	<p>Reserve Shiraz</p> <p>Merlot</p> <p>Rioja Crianza</p>
<b>PROSECCO</b>	<p>Vino Spumante</p>





## ACTIVITY CLASSES

<b>MONDAY</b>	Jive Dance Yoga Circuit Training Boxing Cycling to Music Quiz (monthly)
<b>TUESDAY</b>	Legs, Bums & Tums (LBT) Spinning Art Class (9 years +) Pilates
<b>WEDNESDAY</b>	Zumba Pilates Boxercise MMA
<b>THURSDAY</b>	Cycling to Music Seated Exercise Spinning
<b>FRIDAY</b>	Step Aerobics MMA Art Class (6 years +) Pilates Quiz (monthly)
<b>SATURDAY</b>	Group Spin Class

## FUNCTION ROOM FOR HIRE

**Ideal for private functions:**

**Personnel lift to bar area**

**Family occasions or corporate events.**

**AV equipment available.**

**Available to hire by the hour or evening.**

**Access to upstairs area by personnel lift.**

**Well-stocked bar with range of quality beers & wines Corkage available on request.**

**120 people maximum capacity.**

**Bar open until 12.30 am.**

**Provide your own food or ask about our buffet menu.**

**Coffee/tea station can be provided.**

**Cost includes staffing.**

**Set up the room in advance.**

**Rebate scheme for larger parties, so part or all room hire fees can be refunded.**





## SQUASH & RACKETBALL

<b>MONDAY</b>	<p>Club Night Squash</p> <p>Premier and 3rd Squash Team home matches</p>
<b>TUESDAY</b>	<p>Junior Squash Club Night</p> <p>Lincs Squash Team home matches</p>
<b>WEDNESDAY</b>	<p>Beginner Adult Racketball</p> <p>Club Night Racketball</p> <p>Beginner Adult Squash</p> <p>4th Squash Team home matches</p>
<b>THURSDAY</b>	<p>Junior Squash Group Coaching</p> <p>New Kids on the Court (Squash)</p> <p>2nd Squash Team home matches</p> <p>Notts Racketball home matches</p>
<b>FRIDAY</b>	<p>Junior Squash &amp; Racketball</p> <p>Squash, Racketball &amp; Fitness</p> <p>Fitness Friday Racketball</p>
<b>SATURDAY</b>	<p>Squash for Beginners</p> <p>Family Squash &amp; Racketball</p> <p>Saturday Squash Doubles</p> <p>Saturday Afternoon Racketball</p>

## HOT DRINKS

<b>TEAS</b>	<p>Black</p> <p>Earl Grey</p> <p>Red Bush</p> <p>Fruit</p> <p>Green</p> <p>Camomile</p> <p>Decaffeinated</p>
<b>COFFEES ETC.</b>	<p>Espresso</p> <p>Americano</p> <p>Latte</p> <p>Flat White</p> <p>Mocha</p> <p>Decaffeinated (instant)</p> <p>Hot Chocolate</p>
<b>PROTEIN SHAKES</b>	<p>Strawberry (from frozen fruit)</p> <p>Raspberry (")</p> <p>Banana (")</p> <p>Chocolate</p>

