



Banks Community and Leisure Centre Activity Timetable

Mondays

Gymzkool Gymnastics—4.30pm to 5.30pm (Main Hall)
All Stars Badminton—6pm to 8pm (Main Hall)
Westsands Badminton – 8pm to 10pm (Main Hall)
Zumba Fitness© with Annie—6pm to 7pm (Gymnasium) – return in May 2025
Southport Karate Academy—7.30pm to 9pm (Gymnasium)
Sarah Lockwood Yoga Flow—4pm to 5pm (Activity Room)
Banks Brass Band—7.30pm to 9.30pm (Activity Room)

Tuesdays

Gymzkool Gymnastics —5pm to 7pm (Main Hall)
Westsands Badminton—8pm to 10pm (Main Hall)
JN Sports – 5pm – 6pm (Gymnasium)
Gajok Taekwondo—6pm to 7pm (Gymnasium)
Yoga with John—7.15pm to 8.15pm (Gymnasium)
Cathy Mak Aerobics Class – 6.30pm to 7.30pm (Activity Room)
The National Bonsai Society – 7pm to 10pm (Activity Room, once per month)

Wednesdays

Nifty Fifty's—10am to 12pm (Full Building)
Walking Football – 12pm – 1pm (3G Pitches)
Silver Streaks Indoor Bowls—2pm to 3.30pm (Main Hall)
Full Hall Private Badminton Hire—6pm to 8pm (Main Hall)
Burscough Pioneers Badminton Club – 8pm to 10pm (Main Hall)
Little Treasures PTG (North Meols) - 12.30pm to 3pm (Activity Room)
Southport Movers (Dance) with Sarah—6pm to 7pm (Gymnasium)
Southport Karate Academy—7.30pm to 9pm (Gymnasium)

Thursdays

Westsands Badminton Junior Club – 5pm to 6pm (Main Hall)
Zumba Fitness© with Kay B—6pm to 7pm (Main Hall)
North Meols Archers – 7pm to 9pm (Main Hall)
60th Ormskirk Scout Group—6pm to 8pm (Gymnasium)
Academy of Children's Theatre—4pm to 9pm (Activity Room)

Fridays

Silver Streaks Indoor Bowls—10.15am to 11.45am (Main Hall)
Southport Indoor Bowls – 12pm to 2pm (Main Hall)
Private Bowls Group – 2pm to 4pm (Main Hall)
No Strings Badminton—5pm to 8.30pm (Main Hall) **Turn Up And Play!**
Southport Karate Academy—5pm to 6pm (Gymnasium)
Youth Club @ Banks—7pm to 8.30pm (Gymnasium)
Little Learners Southport – 10.15am to 11.30am (Activity Room)

Saturdays

Gymzkool Gymnastics—9am to 11am (Main Hall)
Private Badminton Hire – 11.30am – 1.30pm (Main Hall)
Diddikicks Toddler Football—8.45am to 11.45am (Gymnasium)
Louise Eddison Pilates Class – 9.30am – 10.30am (Activity Room)