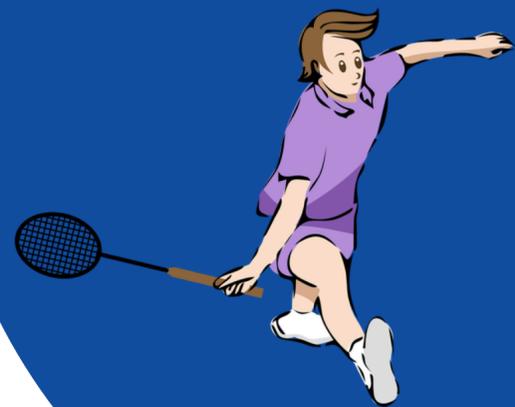


Activities here  
include Badminton,  
Karate, Yoga,  
Aerobics, Bowls,  
Gymnastics and  
much more...



**HUB**  
@ Banks



Why not join our  
fitness suite?  
For **£14.99** a  
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facilities!  
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#### **Mondays**

Gymzkool Gymnastics - 4.30pm to 5.30pm (Main Hall)  
All Stars Badminton - 6pm to 8pm (Main Hall)  
Southport Karate Academy - 7.30pm to 9pm (Gymnasium)  
Sarah Lockwood Yoga Flow - 4pm to 5pm (Gymnasium)  
Banks Brass Band - 7.30pm to 9.30pm (Activity Room)  
Private Football - 7pm to 9pm (1x 3G Pitches)

#### **Tuesdays**

Harris Tapworks (Tap Dancing) - 9:30am to 11:30am (Activity Room)  
Gymzkool Gymnastics - 5pm to 7pm (Main Hall)  
Westlands Badminton - 7:30pm to 9:30pm (Main Hall)  
Private Hire - 10:30am to 11:30am (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)  
Private Football - 1:30pm to 2:30pm (1x 3G Pitches)  
Private Football - 5pm to 8pm (2x 3G Pitches)

#### **Wednesdays**

Nifty Fifty's - 10am to 12pm (Full Building)  
Silver Streaks Indoor Bowls - 2pm to 3.30pm (Main Hall)  
Social Badminton - 6pm to 8pm (Main Hall)  
Badminton Court Private Hire - 8pm to 9pm (Main Hall)  
Little Treasures PTG (North Meols) - 12.30pm to 3pm (Activity Room)  
Harris Tapworks (Tap Dancing) - 7:30pm to 8:30pm (Activity Room)  
Southport Movers (Dance) with Sarah - 6pm to 7pm (Gymnasium)  
Southport Karate Academy - 7.30pm to 9pm (Gymnasium)  
Private Football - 7pm to 8pm (1x 3G Pitches)

#### **Thursdays**

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)  
Tony Owens Indoor Bowls - 2pm to 4pm (Main Hall)  
No Strings Badminton - 5pm to 8.30pm (Main Hall) \*\*Turn Up And Play!\*\*  
Juniors (U16) 5-6:30pm // Adults 6:30-8:30pm  
Southport Karate Academy - 5pm to 6pm (Gymnasium)  
Youth Club @ Banks - 7pm to 8.30pm (Gymnasium)  
Kikentai - 1:30pm to 2:30pm (Activity Room)  
Self Defence Classes (Krav Maga) - 6pm to 7pm (Activity Room)

#### **Saturdays**

Gymzkool Gymnastics - 9am to 11am (Main Hall)  
Social Badminton - 11.30am to 1.30pm (Main Hall)  
Fever School of Dance (once per month) - 7:30pm to 11pm (Main Hall)  
Diddikicks Toddler Football - 8.45am to 11.45am (Gymnasium)  
Louise Eddison Pilates Class - 9.30am to 10.30am (Activity Room)

#### **Sundays**

Cathy Mak Aerobics Class - 10:30am to 11.30am (Activity Room)