



50+ Activity Day

Life begins at 50 on Thursdays at
Broadbridge Heath Leisure Centre

Thursdays 9.00am – 4.00pm

Broadbridge Heath Leisure Centre

Wickhurst Lane

Broadbridge Heath

RH12 3YS

01403 211311

DC LEISURE 
Fitness Industry Association
Operator of the Year 2008 & 2009



**Horsham
District
Council**

DC Leisure Management working in partnership with Horsham District Council

Activity Timetable

EXERCISE CLASSES

Tensho Chi

Easybeat Exercise

Pilates

Aerobics

Yoga

TIME

9.30am – 11.00am

11.05am – 12.05pm

12.30pm – 1.30pm

1.30pm – 2.30pm

3.00pm – 4.00pm

LOCATION

Table Tennis Hall

Table Tennis Hall

HDC Suite

HDC Suite

HDC Suite

DANCE SESSIONS

Tap Dancing (beginners)

Tap Dancing (intermediate)

10.00am – 10.45am

10.45am – 11.30am

Tube Room

Tube Room

SPORTS

Tennis Tuition (advanced)

Tennis Tuition (new/beginners)

Tennis

Short Mat Bowls

Table Tennis

Archery Tuition (beginners)

Archery Tuition (advanced)

Trampoline

Badminton

9.30am – 11.00am

11.00am – 11.45am

1.00pm – 4.00pm

9.30am – 12.15pm

9.00am – 11.00am

10.30am – 11.15am

11.15am – 1.00pm

11.30am – 12.30pm

1.00pm – 4.00pm

Multicourts 1 & 2

Multicourts 1 & 2

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HDC Suite

Tube

Tube

Tube

Tube

Badminton Hall

GYM

Fitness Suite Workout

9.30am – 4.00pm

Fitness Studio

Craft Workshop

9.00am – 12.00noon

Committee Room 2

Refreshments

Lunch & Snacks

9.00am – 4.00pm

12.00pm – 2.00pm

Extra Time Café

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We also run a variety of special events, please see the notice board in reception for more information. First time visitors are welcome for a tour of the centre. There is no need to book just turn up on a Thursday to meet the team. Please note that locations and programme is subject to change in the school holidays.

