

Sports Programme



From	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:15 - 10:00		Aqua Fit		Aqua Fit			

When possible, please book in advance to avoid disappointment. In the case of a no-show for a reservation, a charge will be made if the booking is not cancelled in advance. To make your booking call 289357132 or Email: sports@fscqdl.com.
This programme may be subject to change without prior warning.

