



Venue 360
business | leisure | fitness | pleasure

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Christmas Lunches return to the Balcony café bar!

**just
£19.95**

Back by popular demand, our balcony bar will be transformed during the festive period offering a fine dining experience starting with complimentary prosecco drinks on arrival, followed by a sumptuous 2-course hot forked Christmas lunch.

Tables will look stunning dressed in white linen and adorned with festive decorations and centre pieces. Staff will be on hand to look after you and your guests offering a drinks table service throughout your booking.

We have selected just 4 dates to run these special Christmas lunches and have **limited bookings to just 50 guests per lunch** to ensure exclusivity. All bookings will start from 1pm; guests are welcome to arrive from 12.30pm for drinks beforehand.

Available dates in December:
Weds 11th, Thurs 12th,
Weds 18th, Thurs 19th

Menu

Main Course

Breast of Turkey, Cocotte Potatoes, Cranberry and Sage Stuffing, Pork Chipolata and Red Wine Jus

Caramelised Onion, Butternut and Feta Tartlet, Warm Salad of Savoy, Carrot and Lemon Thyme, Red Pepper Dressing, Cocotte Potatoes (v)

All served with seasonal vegetables

Dessert

Individual Christmas Pudding, Brandy Cream, Candied Orange Peel


Chocolate Orange Tartlet, Vanilla Cream, Clementine Syrup


Mini mince pies


BOOK TODAY!

Contact Leanne or Andrea for more information
events@venue360.co.uk Tel: 01582748225

venue360.co.uk
20 Gypsy Lane, Luton,
Beds LU1 3JH
Tel: 01582 418873
enquiries@venue360.co.uk

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Venue 360
lifelines health club



Venue 360
balcony restaurant & bar



Venue 360
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Venue 360

sports facilities

Car Parking at Venue 360



The car park has become noticeably busier in recent months and one of the reasons for this is cars parking without authorisation (mainly non-members).

To help support members and visitors who are genuinely using the facilities, we will be partnering up with a third party car parking management company. Our signage will be updated and daily patrols carried out, with photos taken and parking fines issued.

Please be aware that if you leave your car in our car park when you are not actively using the facilities (or have permission), you WILL receive a parking ticket (if visiting the retail park, London etc.).

Thank you for your anticipated co-operation.

Venue's first MNF match!

Monday 14th October saw the first ever Monday night football fixture. Our Venue 360 kids faced Hitchin FC in a mini tournament held for our 3-8 year olds. Both teams were kitted out and it was an hour-long battle to see which team could have the most fun and possession of the ball.

With the ball moving from goal to goal, the atmosphere in the sports hall was electric with parents encouraging the kids and cheering each other on. All kids fought hard to play their best and do themselves proud.

Sam and Georgia were very proud of all involved and cannot wait to try and organise another fixture.

MNF has been really successful over the last few years and this has now been taken that one step further by Georgia and Sam, with the introduction of a fixture in the last week of the course.

Our next coaching course starts on Monday 4th November for 6-weeks and is just £30/£35. Book now to avoid disappointment.



"finishing the term with a match really stands them in good stead for joining a team when they are older" MNF parent

don't forget our **10% sibling discount!**

Wildcats is back!!



Date: EVERY SATURDAY 9th Nov – 7th Dec

Time: 11am-11:50am **Ages:** 6 -12 year olds

Price: just £10 / £12.50 for all 5 weeks or £2.50 / £3.00 each week

Does your daughter want to be one of the next England lionesses?

As an official SSE Wildcats FA Girls Football Centre, Venue 360 is delighted to start a new 5-week course which provides girls with the opportunity to play football, make friends and have fun. Wildcats is a great environment for girls to engage with sports in a dynamic and fun filled way. If you want to try something new, why not book on and give it a go.



"looked amazing, great idea, little man had great fun playing" MNF parent



"it was nice to have things like that happening for the kids" MNF parent

Winter Football Sessions

Our 3-4 year old session will move indoors from Saturday 17th November until Saturday 28th March. The session will start 5 minutes earlier at 8.55am and finish at 9.55am to allow coaches to get outside to the pro-zones for the next session.

Join our Squash League

Our squash league is a great way for players of all abilities to stay active, socialise and get your competitive streak out. Contact Georgia on g.carey@venue360.co.uk to enter our next league.

Adult group tennis coaching course starts again!

£40.20 members/ £43.20 non-members
30th Oct to 4th Dec 2019 inc. 6 weeks

Intermediates - get ready for club tennis! Weds 7.30pm to 8.30pm Indoors
Beginners - new to tennis or starting again Weds 8.30pm to 9.30pm Indoors

Introductory Mini Tennis Offer!!

Just £35 for 6-Weeks! 4-8 year olds
Commencing Mon 28th October

- All coaching takes place by fully qualified
- LTA coaches on our indoor tennis courts.
- Call today to book! Or for details of the various days available visit www.venue360.co.uk/post/introductory-mini-tennis-offer

Book now on to any of the above **Tel: 01582 418873** (option 1) or visit us on **www.venue360.co.uk**

Pro-rata option available on all courses



Venue 360

Contact Leanne or Andrea for more information
 events@venue360.co.uk
 Tel: 01582748225

NEW TEAM MEMBERS

A new drive for Hospitality team members finished a few weeks ago and we are pleased to welcome; **Emma, Ria, Bex, Charmaine, Becca, Esther and Kelly**



SWEET TOOTH?

Another range of products we have introduced is the FREE FROM HoneyBuns range. Honeybuns is a bakery in Dorset specialising in gorgeously delicious **gluten free, dairy free and vegan friendly cakes, flapjacks, brownies and more!** We have taken on a variety of their products including **Double Chocolate Brownie** and **a Lemon and Ginger slice** plus a few more, so come on into the Balcony café bar and try them out



Phat Pasty - It's arrived!

We have now got our hot food range in place and we are very excited. Supplied to us by the Phat Pasty company from Cornwall, we are pleased to start off with offering 4 new products:

The Traditional Cornish Pasty is bursting with British Farm Assured beef and vegetables it is hand crimped for a fantastic pastry and meat experience. **The Phat 8-inch sausage roll** is perfect as a snack and full of meat and flavours

Alongside these amazing meat products, we are introducing 2 Vegan delights; **The Phat Naked Vegan Keralan Cauliflower Chickpea & Onion Bhaji Pasty** is something you probably have never tried before but this is not to be missed. Full of delicate spices, vegetable and chick peas this is an amazing "full on" pasty

Lastly, we will also be offering **the Phat Vegan Spicy Mexican Bean roll** which is so tasty we just had to include it.

Phat Pasty have some great ethics. For every vegan pasty slice and roll they sell, they make a donation to their partner charity Planting trees, supporting communities and building class rooms in Kenya. In 2016 they became a Soil Association Food For Life - Supplier Partner, offering pasties and sausage rolls to meet the Food For Life accreditations for their customers. ENJOY!!!



BRING YOUR PARTY TO OURS



CHRISTMAS JOINER PARTIES AT THE RIVERSIDE
LAST REMAINING DATE
Thursday 19th December
special rate of £34.95 per person!

Our Christmas Party Nights include:

- Prosecco drinks reception
- Canapés on arrival,
- 2 Course Christmas meal,
- Coffee and mints,
- Selfie Mirror to capture the moment
- Party DJ to keep you dancing until 1am!

AN EVENING WITH LUTON LEGEND RICKY HILL

GCG Events are proud to present an evening with Luton Town legend Ricky Hill. Hosted by Luton Town FC commentator Simon Pitts with sporting celebrities in attendance, Ricky will be reflecting on a career that has had it all as a player and also taken him all over the world as a player and coach.

Listen to the highs and lows of a professional footballer whose playing career spanned 20 years. Along with a sumptuous 3 course dinner, live band and DJ, the evening is not to be missed, whether you're a sports fan or a loyal supporter of the Hatters..

£70 per person (£650 for table of 10) or **£80 per premium ticket** (£750 for 10) plus booking fee
FOR TICKETS visit EVENINGWITHRICKYHILL.EVENTBRITE.CO.UK
 GARRY LEWIS 07791 236024 gcgconsultants@outlook.com



Friday 15th Nov
18:30pm

Lifelines receives £100K investment!

- Featuring the latest Technogym equipment

Following a very successful membership recruitment campaign throughout September, we are delighted to be in a position to re-invest back into Lifelines. During October we took delivery of five new cross trainers. Initial feedback has been very favourable with customers mentioning how smoothly they all operate and the clarity of the display screens.

By mid-December we will receive four new **'SKILLRUN'** machines which will shatter all expectations of what a treadmill can achieve. For those extreme trainers, you can 'max out' at a whopping top speed of 30km/h. 'SKILLRUN' is also the only treadmill that incorporates resistance training exercises.

'SKILLMILL' on the other hand is quite a different proposition altogether, this new addition to our treadmill family is the only non-motorized product in the market that combines Power, Speed, Stamina and Agility training.



MULTIDRIVE TECHNOLOGY™

PARACHUTE TRAINING

For speed resistance training workouts, maximum speed and lower body and core strength.

SLED TRAINING

For pushing against resistance workouts and maximum sprint and acceleration



SKILLMILL x 1



SKILLRUN x 4

Our biggest fan releases new note book!



Gym member, **Aina Taurina** has recently released a new note book for exercise called Gym Adventures. This book helps with motivation, which is something Aina has struggled with in the past. Aina joined Lifelines a few years ago after having a health scare and needing to lose weight, she now regularly attends our pilates and senior conditioning classes.

With our help, she has managed to transform her life both physically and mentally by participating in exercise and now inspires others with books and stories of her life. Aina is our biggest fan on social media and is often forthcoming in recommending Lifelines and its staff. Aina is a real inspiration to us all with how she has achieved her goals and dramatically improved her mental wellbeing. Well done Aina and keep inspiring others!!

Gym Adventures: A Notebook For Joy Of Exercise is available from [Amazon.co.uk](https://www.amazon.co.uk)

Buzz On the beach Challenge

This month's challenge is on our new Cross trainers! All we ask you to do is to see how quickly you can complete stage 1 of the 'Virtual Buzz' on the beach section. As well as having excellent TV screens, these new trainers have 9 virtual training programs from mountains to lakes and beaches to scenic walks. So why not give them all a try?! If you interested in giving the challenge a go, please see an instructor and get your time on the score board!

