

	Activity	Time	Contact and info
Monday	<b>Yoga</b>	<b>10:30- 12:00</b>	
	<b>Bowls Club</b>	<b>13:45- 15:45</b>	For more info speak to Abby 01684 592363
	<b>Kids Kapers</b>	<b>15:00- 18:15</b>	After School provision for children for ages 3-13 years. For info contact Sarah Fletcher; 07773484171/ <a href="http://www.kidskapers.biz">www.kidskapers.biz</a>
	<b>Sway Dance</b>	<b>16:00-20:00</b>	Dance School for more info contact Ida Freeman 07969601752/ida@swaydance
	<b>Body conditioning</b>	<b>19:30- 20:30</b>	All ages and fitness welcome £4 per session contact Pauline for more info; 07958306760
Tuesday	<b>Kids Kapers</b>	<b>15:00- 18:00</b>	
	<b>Sway Dance</b>	<b>16:00-19:00</b>	
Wednesday	<b>Archery</b>	<b>20:00 onwards</b>	£3 for juniors/ £4 adults. Contact info@severnarchers.co.uk
	<b>Bowls Club</b>	<b>13:45- 15:45</b>	For more info speak to Abby 01684 592363
	<b>Tai Chi- Movements for Wellbeing</b>	<b>9:30- 10:30</b>	For more info contact Linda Edwards <a href="mailto:lindaedwards@tmwtraining.com">lindaedwards@tmwtraining.com</a>
	<b>Yoga</b>	<b>11.00- 12:30</b>	Gentle but Powerful. Contact Tina- 01684 591048/07554428551
	<b>Kids Kapers</b>	<b>15:00- 18:00</b>	
	<b>Zumba</b>	<b>18:15- 19:10</b>	Latin inspired dance exercise. For more info contact Kirsty McLaren on 07885545592
	<b>Slimming World</b>	<b>19:30</b>	<a href="http://www.slimmingworld.com">www.slimmingworld.com</a> For more info contact Cerri; 07790040901
Thursday	<b>Stepstone Challenge</b>	<b>10:00- 12:00</b>	£3p/w For more info contact Tina; 01684 591 048 or visit Wellness counts.co.uk
	<b>Roller Hockey</b>	<b>12:30- 13:30</b>	
	<b>Kids Kapers</b>	<b>15:00-18:00</b>	After School provision for children for ages 3-13 years. For info contact Sarah Fletcher; 07773484171/ <a href="http://www.kidskapers.biz">www.kidskapers.biz</a>
	<b>Sway Dance</b>	<b>16:15- 17:00</b>	Dance School for more info contact Ida Freeman 07969601752/ida@swaydance
	<b>Fitsteps</b>	<b>18:30- 19:25</b>	Dance exercise inspired by Strictly Come Dancing. For more info contact Kirsty McLaren on 07885545592
	<b>Kids Kapers</b>	<b>15:00- 18:00</b>	After School provision for children for ages 3-13 years. For info contact Sarah Fletcher; 07773484171/ <a href="http://www.kidskapers.biz">www.kidskapers.biz</a>
	<b>Karate</b>	<b>18:30- 21:30</b>	<a href="http://www.uptonkarate.info">www.uptonkarate.info</a> Suitable for ages 8 upwards
Friday			
Saturday	<b>Zumba</b>	<b>10:00- 10:55</b>	Latin inspired dance exercise
Sunday	<b>Archery</b>	<b>14:00</b>	£3 for juniors/ £4 adults. Contact info@severnarchers.co.uk