

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