

REGULAR ACTIVITIES AND CLASSES

Mondays	Low Impact Fitness Class Boot Camp
Tuesdays	Kids Taekwondo Parish Council Meeting (1 st and 3 rd Tuesday each month) Guitar Tuition (2 nd and 4 th Tuesday each month)
Wednesdays	Tots & Teenies Boot Camp
Thursdays	Boot Camp Over 60's Keep Fit Pilates Aim4Sport Archery Class
Fridays	Boot Camp Dance Fitness

1st Friday of each month is **FAMILY FRIDAY** from 6.00pm to 9.00pm. We have Table Tennis and Pool tables and a variety of board games available in the Main Hall. There is also a Tuck Shop and food for sale.

The Bar is open to the community on Family Friday evenings from 6pm, when accompanied children are welcome. The bar will remain open until 10pm.

Check our Facebook Page for regular updates.