

Walpole Sport and Recreation Centre

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WHATS ON IN AUGUST 2010

MONDAY 2nd	TUESDAY 3rd	WEDNESDAY 4th	THURSDAY 5th	FRIDAY 6th
Yoga With Instructor 10.00-11.30am Junior Gym 3.15-5.00pm Basketball Umpiring Clinic 5.00-7.30pm	Over 50s Fitness 7.30-8.30am Zumba 10.30-11.30am Autumn Club 1.00-3.15pm Ladies Badminton 2.00-3.00pm	Senior Activity and Social Club 10.00am- 3.00pm Active After School Activities 3.15-4.15pm Zumba 6.30-7.30pm	Yoga By DVD 9.00-10.00am Tai Bo 2.00pm-3.00pm Karate 3.15-4.15pm Table Tennis 6.00 – 8.00pm	
MONDAY 9th	TUESDAY 10th	WEDNESDAY 11th	THURSDAY 12th	FRIDAY 13th
Yoga With Instructor 10.00-11.30am Junior Gym 3.15-5.00pm Basketball Coaching Clinic 5.00-7.30pm	Over 50s Fitness 7.30-8.30am Zumba 10.30-11.30am Autumn Club 1.00-3.15pm Ladies Badminton 2.00-3.00pm Junior & Senior Basketball 3.15-8.00pm	Stretch with Jenny Rutter 9.00-10.00am Senior Activity and Social Club 10.00am- 3.00pm Active After School Activities 3.15-4.15pm Zumba 6.30-7.30pm	Yoga By DVD 9.00-10.00am Tai Bo 2.00pm-3.00pm Karate 3.15-4.15pm Table Tennis 6.00 – 8.00pm	
MONDAY 16th	TUESDAY 17th	WEDNESDAY 18th	THURSDAY 19th	FRIDAY 20th
Yoga With Instructor 10.00-11.30am Junior Gym 3.15-5.00pm Stadium Cricket 6.30-8.30pm	Over 50s Fitness 7.30-8.30am Zumba 10.30-11.30am Autumn Club 1.00-3.15pm Ladies Badminton 2.00-3.00pm Junior & Senior Basketball 3.15-8.00pm	Stretch with Jenny Rutter 9.00-10.00am Senior Activity and Social Club 10.00am- 3.00pm Active After School Activities 3.15-4.15pm Zumba 6.30-7.30pm	Yoga By DVD 9.00-10.00am Tai Bo 2.00-3.00pm Karate 3.15-4.30pm Table Tennis 6.00 – 8.00pm	Rollerblading 3.15-4.30pm
MONDAY 23rd	TUESDAY 24th	WEDNESDAY 25th	THURSDAY 26th	FRIDAY 27th
Yoga With Instructor 10.00-11.30am Junior Gym 3.15-5.00pm Stadium Cricket 6.30-8.30pm	Over 50s Fitness 7.30-8.30am Zumba 10.30-11.30am Autumn Club 1.00-3.15pm Ladies Badminton 2.00-3.00pm Junior & Senior Basketball 3.15-8.00pm	Stretch with Jenny Rutter 9.00-10.00am Senior Activity and Social Club 10.00am- 3.00pm Active After School Activities 3.15-4.15pm Zumba 6.30-7.30pm	Yoga By DVD 9.00-10.00am Tai Bo 2.00pm-3.00pm Karate 3.15-4.15pm Table Tennis 6.00 – 8.00pm	
MONDAY 30th	TUESDAY 31st			
Yoga With Instructor 10.00-11.30am Junior Gym 3.15-5.00 pm Stadium Cricket 6.30-8.30pm	Over 50s Fitness 7.30-8.30am Zumba 10.30-11.30am Autumn Club 1.00-3.15pm Ladies Badminton 2.00-3.00pm Junior & Senior Basketball 3.15-8.00pm			