

# Walpole Sport and Recreation Centre

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## WHATS ON IN JUNE 2010

	TUESDAY 1st	WEDNESDAY 2nd	THURSDAY 3rd	FRIDAY 4th
	<b>Over 50s Fitness</b> 7.30-8.30am <b>Autumn Club</b> 1.00-3.15pm <b>Over 50's Ladies Tennis</b> 2.00-3.00pm <b>Yoga By DVD</b> 6.00-7.00pm	<b>Senior Activity and Social Club</b> 10.00am- 3.00pm <b>After School Activities</b> 3.15- 4.15pm  <b>ZUMBA</b> 6.30-7.30pm  <b>SUSHI CLASS</b> 7pm	<b>Over 50s Fitness</b> 7.30-8.30am <b>Yoga By DVD</b> 9.00-10.00am <b>Tai Bo</b> 2.00pm-3.00pm <b>Karate</b> 3.15-4.15pm <b>Table Tennis</b> 6.00 – 8.00pm	<b>Junior Mixed Netball</b> 3.15-4.15pm
MONDAY 7th	TUESDAY 8th	WEDNESDAY 9th	THURSDAY 10th	FRIDAY 11th
<b>Senior Mixed Netball</b> 6.30-8.30pm	<b>Over 50s Fitness</b> 7.30-8.30am  <b>Autumn Club</b> 1.00-3.15pm <b>Over 50's Ladies Tennis</b> 2.00-3.00pm	<b>Senior Activity and Social Club</b> 10.00am- 3.00pm <b>After School Activities</b> 3.15- 4.15pm  <b>ZUMBA</b> 6.30-7.30pm	<b>Over 50s Fitness</b> 7.30-8.30am <b>Yoga By DVD</b> 9.00-10.00am <b>Tai Bo</b> 2.00pm-3.00pm <b>Karate</b> 3.15-4.15pm <b>Table Tennis</b> 6.00 – 8.00pm	<b>Junior Mixed Netball</b> 3.15-4.15pm
MONDAY 14th	TUESDAY 15th	WEDNESDAY 16th	THURSDAY 17th	FRIDAY 18th
<b>Yoga</b> With instructor 10.00-11.30am <b>ZUMBA</b> 2.00-3.00pm <b>Junior Gym</b> 3.15-5.00pm <b>Senior Mixed Netball</b> 6.30-8.30pm	<b>Over 50s Fitness</b> 7.30-8.30am <b>ZUMBA</b> 9.00-10.00am  <b>Autumn Club</b> 1.00-3.15pm <b>Over 50's Ladies Tennis</b> 2.00-3.00pm	<b>Senior Activity and Social Club</b> 10.00am- 3.00pm <b>After School Activities</b> 3.15- 4.15pm  <b>ZUMBA</b> 6.30-7.30pm	<b>Over 50s Fitness</b> 7.30-8.30am <b>Yoga By DVD</b> 9.00-10.00am <b>Tai Bo</b> 2.00pm-3.00pm <b>Karate</b> 3.15-4.15pm <b>Table Tennis</b> 6.00 – 8.00pm	
MONDAY 21st	TUESDAY 22nd	WEDNESDAY 23rd	THURSDAY 24th	FRIDAY 25th
<b>Yoga</b> With instructor 10.00-11.30am  <b>Senior Mixed Netball</b> 6.30-8.30pm	<b>Over 50s Fitness</b> 7.30-8.30am <b>ZUMBA</b> 9.00-10.00am  <b>Autumn Club</b> 1.00-3.15pm <b>Over 50's Ladies Tennis</b> 2.00-3.00pm	<b>Senior Activity and Social Club</b> 10.00am- 3.00pm  <b>ZUMBA</b> 6.30-7.30pm	<b>Over 50s Fitness</b> 7.30-8.30am <b>Yoga By DVD</b> 9.00-10.00am <b>Tai Bo</b> 2.00pm-3.00pm <b>Karate</b> 3.15-4.15pm <b>Table Tennis</b> 6.00 – 8.00pm	<b>Rollerblading</b> 3.15pm-4.30pm
MONDAY 28th	TUESDAY 29th	WEDNESDAY 30th		
<b>Yoga</b> With instructor 10.00-11.30am  <b>Senior Mixed Netball Finals</b> 6.30-8.30pm	<b>Over 50s Fitness</b> 7.30-8.30am <b>ZUMBA</b> 9.00-10.00am <b>Autumn Club</b> 1.00-3.15pm <b>Over 50's Ladies Tennis</b> 2.00-3.00pm	<b>Senior Activity and Social Club</b> 10.00am- 3.00pm  <b>ZUMBA</b> 6.30-7.30pm		