

Groups and Activity Programmes running at West Glebe Sports Pavilion

Monday

Just Lizzies Yin Yoga 10.30am-11.30am

Singing for the Brain 2.00pm-3.30pm

Irish Dancing 6.00pm-8.30pm

Tuesday

Chair Exercise (all ages & abilities) 10.30am-11.15am

Walking Football 11.00am-12.30pm

Public Sector Retired Members (3rd week monthly) 2.00pm-4.00pm

Slimming World 4.30pm-7.30pm

Wednesday

Audhd Community Embrace Support Group (Fortnightly) 9.30am to 11.30am

Late Developers Photography (Fortnightly) 10.00am-12.00pm

Get Up and Go 1.30pm-2.15pm (tea/coffee till 3pm)

Walking for Health 1.30pm-2.15pm (tea/coffee till 3pm)

Shape Dance 5.30pm-7.30pm

Thursday

Tai Chi 10.30am-11.30am

Yoga 1.30pm-3.00pm

Slimming World 5.00pm -9.00pm

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Friday

Slimming World [9.00am-12.30pm](#)

Move & Groove [1.30pm-2.30pm](#)

One Love Social Club [6.30pm –8.30pm](#)

Saturday

Park Run (all ages) [9.00am-10am start](#)

Sunday

King Love Church [9.30am–12.30pm.](#)

Birthday parties available Sat/Sun afternoons, for more details, call West Glebe Pavilion on 01536 204217.