

SUNDAY

Zumba Fitness	12.10 – 1.00pm	SPORTS HALL
The Latin – inspired, easy to follow, calorie burning, feel it to the core fitness party. For more information, please contact Joanna on 07984 746070 or check out - www.fitnessaroundtheworld.co.uk		

Zumba Toning	1.05 – 1.50pm	TRINITY ROOM
Zumba Toning combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba moves to create a calorie-torching, strength-training dance fitness party. For more information, please contact Joanna on 07984 746070 or check out - www.fitnessaroundtheworld.co.uk		

Sikh Football	7.00 – 9.00pm	SPORTS HALL
Football training session for local team.		

Narcotics Anonymous	7.00 – 8.15pm	SHORE ROOM
If you have a drug problem, speak to someone who has been there. For more information about local meetings, call 07071 446 337, check out – www.ukna.org or call the National Helpline on 0845 373 3366.		