

	Monday	Wednesday	Thursday
W/C 24 July	Circuits Lakeside, 11am-12pm	Active Mams Waves, 10-11am	Walk & Talk The Parks, 12.30-1.30pm
W/C 31 July	Walk & Talk Lakeside, 11am-12pm	Active Mams Waves, 10-11am	Circuits The Parks, 12.30-1.30pm
W/C 7 August	Badminton Lakeside, 11am-12pm	Active Mams Waves, 10-11am	Walk & Talk The Parks, 12.30-1.30pm
W/C 14 August	Walk & Talk Lakeside, 11am-12pm	Active Mams Waves, 10-11am	Soft Play & Nutrition The Parks, 12.30-1.30pm
W/C 21 August	Soft Play & Nutrition Lakeside, 11am-12pm	Active Mams Waves, 10-11am	Walk & Talk The Parks, 12.30-1.30pm
W/C 28 August		Active Mams Waves 10-11am	Spinning The Parks, 12.30-1pm

