

Virtual Inspire Events

Virtual Events August 2020

| Date | Activity Session | Available Times |
|----------------------|----------------------------------|-------------------------------------|
| Monday 3rd | Move it Mondays exercise class | 11am, 4pm (suitable for all levels) |
| Tuesday 4th | Bingo | 11am, 4pm |
| Thursday 6th | Musical Bingo | 11am, 4pm |
| Monday 10th | Move it Mondays exercise class | 11am, 4pm (suitable for all levels) |
| Tuesday 11th | Cook along (Healthy Meal) | 11am, 12pm |
| Thursday 13th | Cook along (Healthy Meal) | 5pm, 6pm |
| Friday 14th | "Fit Like" Fridays | 11am |
| Friday 14th | Bingo | 1pm |
| Monday 17th | Move it Mondays exercise class | 11am, 4pm (suitable for all levels) |
| Tuesday 18th | Making Flapjacks | 11am, 4pm |
| Thursday 20th | Making Double Choc-Chip Brownies | 11am, 4pm |
| Friday 21st | "Fit like" Fridays | 11am |
| Friday 21st | Musical bingo | 1pm |
| Saturday 22nd | Disco | 7pm till 8pm |
| Monday 24th | Move it Mondays exercise class | 11am, 4pm (suitable for all levels) |
| Tuesday 25th | Talent Show Try Outs | 11am, 1pm |
| Thursday 26th | Talent Show Performance | 1pm |
| Friday 27th | "Fit Like" Fridays | 11am |
| Friday 27th | Fancy dress bingo | 1pm |
| Friday 27th | Fright Night ghost stories | 7:30pm |
| Monday 31st | Move it Mondays exercise class | 11am, 4pm (suitable for all levels) |

