

Virtual Inspire Events

Virtual Events November 2020

Date	Activity Session	Available Times
Monday 2nd	Move it Mondays	11am, 4pm (suitable for all levels)
Tuesday 3rd	Bake Firework Cupcakes	11am, 4pm
Thursday 5th	Interactive Story (Guy Fawkes is plotting)	7pm
Friday 6th	Fit Like Fridays, Music Bingo	11am (FLF), 1pm (Bingo), 4pm (FLF)
Monday 9th	Move it Mondays	11am, 4pm (suitable for all levels)
Tuesday 10th	Bake Shortbread	11am, 4pm
Wednesday 11th	Work It Wednesday, Yoga	11am (WiW), 1pm (Yoga)
Thursday 12th	Cook Along - Pasta Creation	5pm
Friday 13th	Fit Like Fridays, Bingo	11am (FLF), 1pm (Bingo), 4pm (FLF)
Monday 16th	Move it Mondays	11am, 4pm (suitable for all levels)
Tuesday 17th	Makaton Choir	11am, 1pm
Wednesday 18th	Work It Wednesday, Yoga	11am (WiW), 1pm (Yoga)
Thursday 19th	Line Dancing	11am, 1pm
Friday 20th	Fit Like Fridays, Music Bingo	11am (FLF), 1pm (Bingo), 4pm (FLF)
Saturday 21st	Disco with Dj Millar	7pm till 8pm
Monday 23rd	Move it Monday	11am, 4pm (suitable for all levels)
Tuesday 24th	Interactive story (Princess and the Pea)	11am, 4pm
Wednesday 25th	Work It Wednesday, Yoga	11am (WiW), 1pm (Yoga)
Thursday 26th	Meditation Zone	11am, 4pm
Friday 27th	Fit Like Fridays, Bingo	11am (FLF), 1pm (Bingo), 4pm (FLF)
Monday 30th	Move it Mondays	11am, 4pm (suitable for all levels)

