

# Virtual Inspire Events

## Virtual Events September 2020

Date	Activity Session	Available Times
<b>Friday 4th</b>	"Fit Like" Fridays	11am (suitable for all levels)
<b>Friday 4th</b>	Musical Bingo	1pm
<b>Monday 7th</b>	Move it Mondays exercise class	11am, 4pm (suitable for all levels)
<b>Tuesday 8th</b>	Cook along (Healthy Meal)	11am, 12pm
<b>Thursday 10th</b>	Cook along (Healthy Meal)	5pm, 6pm
<b>Friday 11th</b>	"Fit Like" Fridays	11am
<b>Friday 11th</b>	Bingo	1pm
<b>Monday 14th</b>	Move it Mondays exercise class	11am, 4pm (suitable for all levels)
<b>Tuesday 15th</b>	Making Lemon Drizzle Cake	11am, 4pm
<b>Thursday 17th</b>	Making Apple Crumble	4pm, 5pm
<b>Friday 18th</b>	"Fit like" Fridays	11am
<b>Friday 18th</b>	Musical bingo	1pm
<b>Saturday 19th</b>	Disco	7pm till 8pm
<b>Monday 21st</b>	Move it Mondays exercise class	11am, 4pm (suitable for all levels)
<b>Tuesday 22nd</b>	Tea and Coffee Morning	10am, 11am
<b>Thursday 24th</b>	Interactive Story Time	11am, 1pm
<b>Friday 25th</b>	"Fit Like" Fridays	11am
<b>Friday 25th</b>	Fancy dress bingo	1pm
<b>Monday 28th</b>	Move it Mondays exercise class	11am, 4pm (suitable for all levels)
<b>Tuesday 29th</b>	Cook along (fake away)	5pm, 6pm

