

November 2018

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------------------------------------|-------------------------|---|---|---|----------------------------------|--|
| | | | | 1 Stay & Play 9-12 Youth Club 6.30-8.30 | 2 Deb's Fitness 10-11 | 3 Zumba 9-10 Jessica Draycock 11-3pm |
| 4 Inside Out 9.45-1.30pm | 5 Zumba 2-4pm | 6 Deb's Fitness 10-11 NP Meeting 7pm | 7 Zumba 9.30-10.30 Pilates 10.30-11.30 Zumba 7.30-8.30 | 8 Youth Club 6.30-8.30 | 9 Deb's Fitness 10-11 | 10 Zumba 9-11 Lauren Froud 12-3pm Party |
| 11 Inside Out 9.45-1.30pm | 12 | 13 Deb's Fitness 10-11 MPC Meeting 7pm (Netball court 7.30) | 14 Zumba 9.30-10.30 Pilates 10.30-11.30 Zumba 7.30-8.30 | 15 Stay & Play 9-12 Youth Club 6.30-8.30 | 16 Deb's Fitness 10-11 | 17 Zumba 9-10 |
| 18 Inside Out 9.45-1.30pm | 19 | 20 Deb's Fitness 10-11 | 21 Zumba 9.30-10.30 Pilates 10.30-11.30 Zumba 7.30-8.30 | 22 Youth Club 6.30-8.30 | 23 Deb's Fitness 10-11 | 24 Zumba 9-10 |
| 25 Inside Out 9.45-1.30pm | 26 | 27 Deb's Fitness 10-11 LPC Meeting 7pm | 28 Zumba 9.30-10.30 Pilates 10.30-11.30 Zumba 7.30-8.30 | 29 Youth Club 6.30-8.30 | 30 Deb's Fitness 10-11 | |

