



# 'No Limits' daytime timetable

## Fitness For All (Monday): April - May

Date and time	Activity and venue	Details and cost
<p><b>Monday 15<sup>th</sup> April</b> 10am – 4pm</p>	<p><b>Dance &amp; Walk</b></p>  	<p>We will have a Synergy dance session in the morning and a walk to the park in the afternoon. Please bring a packed lunch and drinks.</p> <p>£40</p>
<p><b>Monday 22<sup>nd</sup> April</b> 10am – 4pm</p>	<p><b>Zumba &amp; Wii Sports</b></p>  	<p>We will be onsite doing Zumba in the morning and Wii Sports games in the afternoon. Please bring a packed lunch and drinks.</p> <p>£40</p>
<p><b>Monday 29<sup>th</sup> April</b> 10am – 4pm</p>	<p><b>Yoga &amp; Cycling</b></p>  	<p>We will do a gentle yoga session in the morning and visit Alice Holt for a cycling session in the afternoon. Please bring a packed lunch and drinks.</p> <p>£40</p>
<p><b>Monday 6<sup>th</sup> May</b> No session Bank holiday</p>		
<p><b>Monday 13<sup>th</sup> May</b> 10am – 4pm</p>	<p><b>Leisure Centre &amp; Park Walk</b></p>  	<p>We will travel by minibus to the leisure centre for some court sports, then walk back to Link through the park. Please bring a packed lunch and drinks.</p> <p>£40</p>
<p><b>Monday 20<sup>th</sup> May</b> 10am – 4pm</p>	<p><b>Dance &amp; Cricket</b></p>  	<p>We will have a Synergy dance session in the morning and a game of cricket in the park in the afternoon. Please bring a packed lunch and drinks.</p> <p>£40</p>

