



'No Limits' daytime timetable

Fitness For All (Monday): June/July

Date and time	Activity and venue	Details and cost
<p>Monday 3rd June 10am – 4pm</p>	<p>Yoga and Swimming</p> 	<p>We will have a yoga session in the morning, go swimming and then walk back to Link. Please bring a healthy packed lunch and water. £40</p>
<p>Monday 10th June 10am – 4pm</p>	<p>Flower bed and Bowling</p> 	<p>We will be walking to the allotment in Horsell and in the afternoon we will be bowling. Please bring a healthy packed lunch and water. £40</p>
<p>Monday 17th June 10am – 4pm</p>	<p>Synergy Dance and Darts</p> 	<p>We will be doing Synergy Dance and playing darts. Please bring a healthy packed lunch and water. £40</p>
<p>Monday 24th June 10am – 4pm</p>	<p>Just Dance and Cycling</p> 	<p>We will be doing Just Dance in the morning then going to Alice Holt to do accessible cycling. Please bring a healthy packed lunch and water. £40</p>
<p>Monday 1st July 10am – 4pm</p>	<p>Leisure Centre and Walk</p> 	<p>We will be doing sports in the leisure centre and going on a walk after lunch. Please bring a healthy packed lunch and water. £40</p>
<p>Monday 8th July 10am – 4pm</p>	<p>Tennis and Rounders</p> 	<p>We will be playing tennis and rounders at Chobham Park. Please bring a healthy packed lunch and water. £40</p>
<p>Monday 15th July 10am – 4pm</p>	<p>Synergy Dance and Olympics in Park</p> 	<p>We will be doing Synergy Dance in the morning and have our very own Olympics in the park after. Please bring a healthy packed lunch and water. £40</p>

