



'No Limits' daytime timetable

Fitness For All (Monday): Sep - Oct 2024

Date and time	Activity and venue	Details and cost
<p>2nd September 10am – 4pm</p>	<p>Tennis and Bowls</p>  	<p>Morning: Tennis Afternoon: Bowls Please bring a packed lunch £40</p>
<p>9th September 10am – 4pm</p>	<p>Guildford Lido</p> 	<p>All day: Lido! Please bring packed lunch and your swimming kit £40</p>
<p>16th September 10am – 4pm</p>	<p>Synergy and Goldsworth Park</p>  	<p>Morning: Synergy Dance Afternoon: Walk in the park Please bring a packed lunch £40</p>
<p>23rd September 10am – 4pm</p>	<p>Darts and Virginia Waters</p>  	<p>Morning: Darts Afternoon: Lake walk Please bring a packed lunch £40</p>
<p>30th September 10am – 4pm</p>	<p>Yoga and Alice Holt Cycling</p>  	<p>Morning: Yoga Afternoon: Alice Holt cycling Please bring a packed lunch £40</p>
<p>7th October 10am – 4pm</p>	<p>Badminton and Golf</p>  	<p>Morning: Badminton Afternoon: Pine Ridge Golf Please bring a packed lunch £40</p>
<p>14th October 10am – 4pm</p>	<p>Synergy and Rounders</p>  	<p>Morning: Synergy Dance Afternoon: Rounders Please bring a packed lunch £40</p>
<p>21st October 10am – 4pm</p>	<p>Gymnastics and Bowling</p> 	<p>Morning: Gymnastics Afternoon: Bowling Please bring a packed lunch £40</p>

