

Monday

Equilibrium Pilates

9:30-10:30am Happy Backs and Healthy Bones (HBHB).

10:45-11:45am Mixed Ability.

Contact: www.equilibrium.uk.com, 07739 359272, fiona@equilibrium.uk.com

Yoga with Vicky

6.15pm Beginner & Intermediate

7.30pm Intermediate

www.gableyard.com, vmcfarlane@gableyard.com, [07977 534401](tel:07977534401)

Tuesday

Folk Dancing 9.30am - 12pm

Line Dancing - Adult 1pm till 2.30pm

www.lmsd.co.uk, info@lmsd.co.uk, 07958788292

Perform Fit Tuesdays

Between 4pm & 7pm on Tuesdays

A range of classes from Junior Acro, Mini movers & junior Dance for children,

Dance fit & Salsa for Adults on Tuesdays

Find out more here: performfitacademy.com

Contact Anna 07469895031 - Performfit@outlook.com

Wednesday

Equilibrium Pilates

9:30-10:30am

Contact: www.equilibrium.uk.com, 07739359272, fiona@equilibrium.uk.com

Forever Active

www.forever-active.org.uk, 07432480105, enquiries@forever-active.org.uk

11:45am to 13:15pm

This class is for you if:

- You have noticed yourself limiting your activity
- You have stopped doing the things you used to do because they are getting more challenging. It includes exercises proven to strengthen muscles and bones, coordination activities to improve your balance and confidence, endurance for stamina, and flexibility for suppleness
- It also offers individually tailored guidance to help you achieve your goals.

New Age Kurling - For all ages

2.00-3.15

Just turn up

Thursday

Perform Fit

4pm - Musical Theatre

Find out more here: performfitacademy.com

Contact Anna 07469895031 - Performfit@outlook.com

Table Tennis

7pm to 8pm all welcome

Contact: Hauxtoncentrett@gmail.com, Jon Taylor

Friday

Yoga with Vicky

8.45am Intermediate

10am Beginner & Intermediate

www.gableyard.com, vmcfarlane@gableyard.com, [07977 534401](tel:07977534401)

Little Acorns - Baby and Preschool Group

11:00am to 12:15pm - £2 per family

littleacornshauxton@gmail.com

Just pop along

Saturday

Mini Athletics

9am - 9:45am - Didee Athletes (2 years to 3.5years)

9:45am to 10:30am - Little Athletes (3.5 years to 5 years)

10:30am to 11:15am - Mini Athletes (5 years to 7 years)

www.miniathletics.com/mini-athletics-cambridge-and-saffron-walden-summary/

Find your class here: www.miniathletics.com/mini-athletics-cambridge-and-saffron-walden-summary/