













Fit2gether Activity Calendar

January 2020

Mon	Tues	Wed	Thu	Fri	Sat	Sun
		1	2	3	4	5
6	7  Rugby 6:30 - 7:30pm	8	9	10  Swimming 11-12 or 12-1	11	12
13	14  Rugby 6:30-7:30pm	15	16 Walking Group Natural History Museum 10am-3pm  Yoga  4-5pm	17  Swimming 11-12pm or 12-1pm	18  Zumba 1.15 - 2:15pm	19
20	21  Rugby 6:30-7:30pm	22	23  Martial Arts 5-6pm	24  Swimming 11-12 or 12-1	25	26
27	28  Rugby 6:30-7:30pm	29	30	31  Swimming 11-12 or 12-1		



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Bright Futures

<p>7th, 14th, 21st and 28th, - Rugby</p> <p>Where to Meet: Mill Hill Rugby Club, 75 Page Street, London NW7 2EE</p> <p>Time: 6:30pm - 7:30pm</p> <p>Cost: FREE</p> <p>Bus: 221</p>	<p>10th, 17th, 24th and 31st - Swimming Sessions</p> <p>Where to Meet: Copthall Leisure Centre, Champions Way, Hendon NW4 1PX</p> <p>Time:</p> <p>Beginners : 11am - 12 noon Intermediate: 12 noon-1pm</p> <p>Cost: £2.90 per session - Please note the pool is cashless. Contact us for details.</p>	<p>16th - Walking Group: Natural History Museum</p> <p>A trip to the world famous museum</p> <p>Time: 10am - 3pm</p> <p>Meeting and returning to the Barnet Mencap office.</p> <p>Cost: £5</p> <p>Bring your Freedom Pass as you will be travelling on public transport.</p> <p>Please bring a packed lunch or money for lunch</p>
<p>16th - Yoga</p> <p>Where to Meet: Finchley Lido</p> <p>Time: 4pm – 5pm</p> <p>Cost: FREE</p>	<p>18th - Zumba</p> <p>Where to Meet: Finchley Lido</p> <p>Time: 1:15 – 2:15pm</p> <p>Cost: FREE</p>	<p>23rd - Martial Arts</p> <p>Where to Meet: Finchley Lido</p> <p>Time: 5pm – 6pm</p> <p>Cost: FREE</p>

Booking essential for all activities

Tel: Project Support on 020 8349 3842 Email: bookings@barnetmencap.org.uk

All activities are wheelchair accessible. Activities are for members only.
If you cannot attend a session you have booked, please let us know as soon as possible or you may be charged.