

Mon	Tues	Wed	Thu	Fri	Sat	Sun
			1	2	3	4
5	 <b>Rugby</b> 6:30-7:30pm	7	 <b>Walking Group: Spitalfields Market</b> 10am-4pm	9	 <b>Zumba</b> 1:15-2:15pm	11
12	 <b>Rugby</b> 6:30-7:30pm	14	15	16	17	18
 <b>Walking Group: Hyde Park</b> 10am-4pm	 <b>Picnic in The Park</b> 12-4pm  <b>Rugby</b> 6:30-7:30pm	21	 <b>Marital Arts</b> 5-6pm	23	24	25
26	 <b>Rugby</b> 6:30-7:30pm	 <b>Walking Group: Greenwich</b> 10am-4pm	 <b>Yoga</b> 4-5pm	30	31	



# Fit2gether August 2019



<p><b>6th, 13th, 20th &amp; 27th Rugby</b></p> <p><b>Where:</b> Meet at <b>Mill Hill Rugby Club</b>, 75 Page Street, London NW7 2EE</p> <p><b>Time:</b> 6:30pm - 7:30pm</p> <p><b>Cost:</b> FREE</p> <p><b>Bus:</b> 221</p>	<p><b>8th Walking Group: Spitalfields Market</b></p> <p>A day out exploring 'London's number 1 market destination'</p> <p><b>Time:</b> 10am - 4pm Meeting and returning to the Barnet Mencap office.</p> <p><b>Cost:</b> £5</p> <p>Bring your Freedom Pass - you will be travelling on public transport. Please bring a packed lunch or money for lunch</p>	<p><b>10th Zumba</b></p> <p><b>Where:</b> Meet at <b>Finchley Lido</b></p> <p><b>Time:</b> 1:15 – 2:15pm</p> <p><b>Cost:</b> FREE</p>
<p><b>19th Walking Group: Hyde Park</b></p> <p>A walk around one of London's biggest parks</p> <p><b>Time:</b> 10am - 4pm</p> <p>Meeting and returning to the Barnet Mencap office.</p> <p><b>Cost:</b> £5. Bring your Freedom Pass - you will be travelling on public transport. Please bring a packed lunch or money for lunch.</p>	<p><b>20th Picnic in the Park</b></p> <p>Come along and enjoy a picnic and games in the park</p> <p><b>Where:</b> Victoria Park, Finchley</p> <p><b>Time:</b> 12 noon – 4pm</p> <p><b>Cost:</b> FREE</p> <p>Feel free to bring food and games of your own!</p>	<p><b>28th Walking Group: Greenwich</b></p> <p>A day out exploring Greenwich</p> <p><b>Time:</b> 10am - 4pm Meeting and returning to the Barnet Mencap office.</p> <p><b>Cost:</b> £5</p> <p>Bring your Freedom Pass - you will be travelling on public transport. Please bring a packed lunch or money for lunch</p>
<p><b>29th Yoga</b></p> <p><b>Where:</b> Meet at <b>Finchley Lido</b></p> <p><b>Time:</b> 4pm – 5pm</p> <p><b>Cost:</b> FREE</p>	<p>Please note there are no swimming sessions in August, but they will return in September!</p>	

## Booking essential for all activities

**Tel:** Project Support on **020 8349 3842** **Email:** [bookings@barnetmencap.org.uk](mailto: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.