































January 2012 Timetable

Day	What	Where	Time	Cost	Who
Monday	 Boccia	Jan Cutting Centre, Scott Business Park	  11.30am Until 12.30pm	£2 	Open for all adults 
Tuesday BOOKING ESSENTIAL	 Aqua Aerobics	New Continental Hotel	  10.30am Until 11.15am	£3 	Open for all adults 
Tuesday	 Football	Nancy Astor Sports Centre, Plymouth University	  2.00pm Until 3.00pm	£3 	Open for all adults 
Wednesday	 Boccia and Multi Sports	Mayflower Centre	  10.30am Until 11.30am	£2 	Open for all adults 
Friday	 Brisk Walk	From Plymouth Aquarium	  11.15am Until 12.30pm	Free	Open for everyone who is able to walk at a good pace for 1 hour
Friday	 Gentle Walk	From Plymouth Aquarium	  1.15pm Until 2.00pm	Free	Open for all adults 
Saturday	 Boccia	Jan Cutting Centre, Scott Business Park	  9.30am Until 10.30am	£2 	Open for all adults 