

**woMEn TIME Activity Timetable** – Please be aware this is subject to change.

Day	Activity	Time	Location	Price
<b>Monday</b>	Buggy Fitness	9.30-10.30am	Chelmsford Sport and Athletics Centre	£2.00 Leisure card £3.00 Non-card
	Ladies Rec Morning	10am-12pm	Riverside Ice and leisure Centre	£4.50 Leisure Card £5.50 Non-card
	Pilates	12.30-1.30pm	Cramphorn Theatre	£2.50 per session
	Zumba	5-6pm	Dovedale Sports Centre	£2.00 Leisure card £3.00 Non-card
<b>Tuesday</b>	Buggy Fitness	9.30-10.30 or 10.45-11.45am	Beaulieu Park, Burnell Gate	See website for course details
	Learn to Ride	10-11am	Central Park, Metero Way	FREE (be aware these sessions are seasonal)
	Led Ride	11am start	Central Park, Metero Way	FREE (be aware these sessions are seasonal)
	Over 50's Badminton	10am-12pm	Riverside Ice and Leisure Centre	£4.50 Leisure Card £5.50 Non-card
	Swimming	1.30-2pm (beginner) 2-2.30pm Intermediate)	South Woodham Ferrers Leisure Centre	See website for course details
	Self-Defence	7-8.30pm	Moulsham Lodge Community Centre	See website for course details
<b>Wednesday</b>	Netball	7-8pm (PAYG) 8-9pm (course)	Chelmer Park, Beehive Lane	£2.00 Leisure card £3.00 Non-card (7-8pm only) See website for course details (8-9pm only)
	Couch to 5km	9.30-10.30am	Chelmsford Sport and Athletics Centre	£2.00 Leisure card £3.00 Non-card
	Women's Walk	10am start	Springfield Parish Centre	FREE
<b>Thursday</b>	Park Runners	7-8.30pm	Chelmsford Sport and Athletics Centre	Adults 18+ £7.00 and children 8+ £4.00 per session
	Buggy Fitness	9.30-10.30am	South Woodham Ferrers Leisure Centre	£2.00 Leisure Card £3.00 Non-card
	Couch to 5km	9.30-10.30am	South Woodham Ferrers Leisure Centre	£2.00 Leisure Card £3.00 Non-card
	Tennis	9.30-10.30am	Writtle Tennis Club	£5.00 per session
	Walking Netball	10-11am	Riverside Ice and leisure Centre	£2.00 Leisure Card £3.00 Non-card

	Led Ride	10am start	Central park, Metero way	Free (be aware these sessions are seasonal)
	Legs, Bums & Tums	1.15-2pm	Cramphorn theatre	£2.50 per session
	Zumba	5.30-6.15pm	Writtle College	£3.00 per session
<b>Friday</b>	Led Cycle Ride (off-road)	10am start	Radical Bikes, Barrow Farm, Blackmore Road, Highwood	£2.00 including a hot drink
	Badminton Essentials	6-7pm	Chelmsford sport and Athletics Centre	See website for course details
	Street dance	5.10-5.50pm	Anglia Ruskin University	£4.00 per session
<b>Saturday</b>	Women's Walk	10am start	South Woodham Ferrers Yacht club	FREE
	Learn to Ride	10-10.45am	Central park, Metero way	FREE (be aware these sessions are seasonal)
	Led Cycle Ride (on-road)	11am start	Central park, Metero way	FREE (be aware these sessions are seasonal)
<b>Sunday</b>	Led Cycle Ride (off-road)	10am start	Radical Bikes, Barrow Farm, Blackmore Road, Highwood	£2.00 including a hot drink
	Self-Defence	10-11.30am	Dovedale Sports Centre	See website for course details

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**women time**  
*chat. laugh. be active. have fun.*

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