

woMEn TIME Activity Timetable – Please be aware this is subject to change. Please be aware anything with a recommends logo isn't run directly by woMEn TIME.

Day	Activity	Time	Location	Price
Monday				
	Buggy Fitness	9.30-10.30am	Chelmsford Sport and Athletics Centre	£3.00 Leisure card £4.00 Non-card
	Tennis	9.30-10.30am	Great Baddow Lawn Tennis Club	£7.00 Non-members
	Ladies Rec Morning	10am-12pm	Riverside Ice and leisure Centre	£4.50 Leisure Card £5.50 Non-card (term time only)
	Pilates	12.30-1.15pm	Cramphorn Theatre	£2.50 per session
	Dancercise	5-6pm	Dovedale Sports Centre	£3.00 Leisure card £4.00 Non-card
	SheRuns (intermediate-advanced)	6:30pm	Riverside Ice and Leisure	£3.00 Leisure card £4.00 Non-card (term time only)
	SheRuns (intermediate-advanced)	7:30pm (Due to start late October)	South Woodham Ferrers Leisure Centre	£3.00 Leisure card £4.00 Non-card (term time only)
	Tennis	7-8pm (beginners) 8-9pm (intermediates)	Grove Tennis Club	Dependant on membership
	Tennis	7-9pm (beginners)	Marconi Tennis Club	£7.00 per session
	Burlesque	7.30-8.30pm	The Nook, 2a Church Green, Broomfield, Chelmsford, CM1 7BD	See website for course details
	Hockey	7:30pm	Chelmer Park, Beehive Lane	See website for membership prices Training only is free
Tuesday				
	Learn to Ride	10-11am	Central Park, Meteor Way	FREE (finishing end of October)
	Led Ride	11am start	Central Park, Meteor Way	FREE (finishing end of October)
	Over 50's Badminton	10am-12pm	Riverside Ice and Leisure Centre	£4.50 Leisure Card

				£5.50 Non-card (term time only)
	Beginners Tennis	11:30-1pm	Writtle Tennis Club, Paradise Road	Course (see website for details)
	Swimming	1.30-2:15pm (beginner) 2:15-3pm (Intermediate)	South Woodham Ferrers Leisure Centre	See website for course details (term time only)
	Ladies Beginner Golf	7-8pm	Little Channels Golf Club, Pratts Fram Lane, Little Waltham, CM3 3PR	£8 per session or £60 for the term. Term time only.
	Futsal	7-8pm	Great Baddow High School, Duffield Road, Chelmsford CM2 9RZ	£4.00 per session
	((BOUNCE))	Dates/ Times: various, please go to www.bouncefitbody.com	Newlands Spring Primary School Academy Trust, Dickens Place, Chelmsford	£6.95 per session, discount applied if more sessions booked see website for details
	Netball	7-8pm or 8-9pm (course)	Chelmer Park, Beehive Lane	See website for course details
	Ladies Rugby	7:30pm	Chelmsford Rugby Club, Coronation Park, Timpsons Lane, Chelmsford CM2 6AG	No need to book just turn up
Wednesday				
	She Runs (beginner)- was Couch to 5km	9.30-10.30am	Chelmsford Sport and Athletics Centre	£3.00 Leisure card £4.00 Non-card (term time only)
	SheCycles	10am	South Woodham Ferrers Leisure Centre	FREE (term time only)
	Women's Walk	10am start	Springfield Parish Centre	FREE
	Park Runners	7-8.30pm	Chelmsford Sport and Athletics Centre	Adults 18+ £7.00 and children 8+ £4.00 per session
	Roller Derby	7-9pm	Hylands School, Hatfield Grove	£7.50 weekly
	Gymnastics	8-9.30pm	Chelmsford Gymnastic Club, 13 Tattersall Way	£5.00 per session
Thursday				
	Buggy Fitness	9.30-10.30am	South Woodham Ferrers Leisure Centre	£3.00 Leisure Card £4.00 Non-card

	SheRuns (beginner) - was Couch to 5km	9.30-10.30am	South Woodham Ferrers Leisure Centre	£3.00 Leisure Card £4.00 Non-card (term time only)
	Tennis	9.30-10.30am	Writtle Tennis Club	Pay on day- see website for more details.
	Tennis	9.30-11am	Chelmsfordians Tennis Club	First session FREE
	Led Ride	10am start	Central park, Meteor way	Free (be aware these sessions are seasonal)
Friday				
	Buggy Fitness	9:30-10:30am	Riverside Ice and Leisure Centre	£3.00 Leisure Card £4.00 Non-card
	Tennis	9.30-11am	Chelmsfordians Tennis Club	First session FREE
	Calm Class	1-1.50pm	Springfield Gymnastics Club, Springfield Green	£2.50 per session (see website for class dates)
	Tennis	7-9pm	Marconi Tennis Club	£5.00 per session
Saturday				
	Park RUN	9am	Central Park	FREE
	Women's Walk	10am start	South Woodham Ferrers Yacht club	FREE
	Learn to Ride	10-10.45am	Central park, Meteor way	FREE (finishing end of October)
	Led Cycle Ride (on-road)	11am start	Central park, Meteor way	FREE (finishing end of October)
Sunday				
	Led Cycle Ride (off-road)	10am start	Radical Bikes, Barrow Farm, Blackmore Road, Highwood	£2.00 including a hot drink (be aware these sessions are seasonal)
	Self-Defence	10am-12pm	Dovedale Sports Centre	See website for course details







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

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