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Day	What	Where	Time	Cost	Who
Monday	 Brisk Walk	The Barbican. Blends Coffee & Art Café	  11.00am until 12.00pm	Free	Open to everyone who is able to walk at a good pace for 1 hour
Monday	 Boccia	Plymouth Life Centre	  11.00am until 12.00pm	 £2	Open for all adults 
Monday Runs from 9th April 2018 to 3rd Dec 2018	 Gardening	Devonport Park	  1.00pm until 2.00pm	Free	Open for all adults 
Monday Not run every week, call for dates	 Dance	Plymouth Life Centre	  1.00pm until 2.00pm	£3.80 	Open for all adults 
Tuesday	 Football	Nancy Astor Sports Centre, Plymouth University	  11.00am until 12.00pm	£3 	Open for all adults 
Wednesday	 Boccia	Plymouth Life Centre	  10.30am until 11.30am	£2 	Open for all adults 
Wednesday Not run every week, call for dates	 Golf	Boringdon Golf Club, Plympton	  1.00pm until 2.00pm	£2 	Open for all adults 

Active for All — Activity Timetable

Day	What	Where	Time	Cost	Who
Thursday	 Football	Nancy Astor Sports Centre, Plymouth University	  11.00am until 12.00pm	£3 	Open for all adults 
Thursday	 Basketball	Plymouth Life Centre	  1.00pm until 2.00pm	£3.30 	Open for all adults 
Friday	 Brisk Walk	Mayflower Steps	  11.15am until 12.30pm	Free	Open to everyone who is able to walk at a good pace for 1 hour
Friday	 Gentle Walk	Mayflower Steps	  1.15pm until 2.00pm	Free	Open for all adults 
Friday Monthly - call for dates	Conservation Work 	Burrator Reservoir	  10.30am until 2.30pm	Free	Open to everyone who is able to walk over rough terrain.

For further information on any of these sessions or to put forward any suggestions for future activities, please get in touch with the **Active for All Team** on:



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