

Monday	Tuesday	Wednesday	Thursday	Friday
<p>11:30am - 1:30pm</p> <p>Changing Goals Football Project*</p> <p>RACECOURSE CHANGING ROOMS</p> <p><i>Open to people with any drugs, alcohol, mental health or homelessness problems.</i></p> <hr/> <p>12:00pm - 12:30pm</p> <p>Meditation</p> <p>THE BRIDGE**</p> <p>Open to everybody.</p> <hr/> <p>2:00pm - 3:00pm</p> <p>Circuit Training</p> <p>THE BRIDGE**</p> <p><i>Open to people with any drugs or alcohol problems.</i></p>	<p>9:30am - 11:30am</p> <p>Women Only Gym</p> <p>Including Women's Self Defense.</p> <p>and Women's Aerobics</p> <p>THE BRIDGE**</p> <p><i>Open to people with any drugs, alcohol, mental health problems or victims of domestic violence.</i></p> <hr/> <p>11:30am - 12:30pm</p> <p>Zumba</p> <p>THE BRIDGE**</p> <p><i>Open to everybody.</i></p> <hr/> <p>2:00pm - 3:00pm</p> <p>Kick Boxing</p> <p>THE BRIDGE**</p> <p><i>Open to people with any drugs or alcohol problems.</i></p>	<p>No Activities</p> <p>CLOSED FOR TRAINING</p>	<p>11:00am - 12:00pm</p> <p>Art Expression</p> <p>THE BRIDGE**</p> <p><i>Open to people with any drugs or alcohol problems.</i></p> <hr/> <p>2:00pm - 3:00pm</p> <p>Boxing Session</p> <p>THE BRIDGE**</p> <p><i>Open to people with any drugs or alcohol problems.</i></p>	<p>9:30am - 12:30pm</p> <p>Women Only Gym</p> <p>Including Women's Self Defense. (10:30am - 11:30pm) and Women's Art Expression (11:00am - 12:00pm)</p> <p>THE BRIDGE**</p> <p><i>Open to people with any drugs, alcohol, mental health problems or victims of domestic violence.</i></p> <hr/> <p>11:30am - 1:30pm</p> <p>Changing Goals Football Project* (Same as Monday)</p> <hr/> <p>1:00pm - 4:00pm</p> <p>Table Tennis</p> <p>THE BRIDGE**</p> <p><i>Open to people with any drugs or alcohol problems.</i></p>

\*We supply football boots, shin pads, football shirts, shorts and socks.

(10 - 01 - 12)

\*\*The Bridge - 63c Gold street, Northampton, NN1 1RA. We are above Fever nightclub and our front door is on Horseshoe Street.

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