

Sport and Physical Activity Sessions by Locality Hub

West

In Shape for Life	Monday 9.30 – 10.30am	Hangleton Community Centre BN3 8BW
Women Only In Shape for Life <i>May 11th – June 15th</i> <i>(excluding May 25th)</i>	Monday 10:30 – 11:30am	St Barnabas Church, Hove BN3 3HE
St. Ann Wells Gardens	Monday 2pm	Meet by Garden Café
Active Forever Moves	Tuesday 11:00am-12noon 7 th July- 28 th July	Autumn Lodge BN3 5PD
Active Forever Moves	Wednesday 10:30-11:30am 9 th -23 rd September & 7 th October	Sanders House BN3 5NW
Social Ping & Short Tennis	Wednesday 10:30 – 12:00pm	King Alfred Leisure Centre BN3 2WW
Multicultural Women's Group Walk, Hangleton	Monthly on a Thursday 10am	Meet at Hangleton Community Centre BN3 8BW
Hove Park	Thursdays 10:15am	Meet at the Café
Active Forever Moves	Thursday 11:15am-12:15pm 16 th July-6 th August	St Johns BN3 2FL
Portslade Library Walk and Read	Fridays 10:15am	Meet at Portslade Library
In Shape for Life	Friday 9:30 – 10:30am	Portslade Sports Centre BN41 2WS
Portslade/Benfield Valley Saturday	Saturday 11:00am	Meet at Sainsburys entrance by the cash machine

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North Central

Dancing for Health	Monday 10:00 – 11:00am	St Luke's Church BN2 9ZB
Preston Park	Monday 10:00am	Meet at Rotunda Cafe
Seafront	Tuesday 10:00am	Meet at Brighton Pier
Active Forever Moves	Tuesday (19 th May-9 th June) 10:30-11:30am	Patching Lodge BN2 0AQ
Boccia League <i>Oct - May</i>	Tuesday 10:00 – 12:00pm	Patching Lodge BN2 0AQ
Active Forever Moves	Wednesday 9 th -23 rd September- 7 th & 14 th October 2:30-3:30pm	Birch Grove BN1 6AD
In Shape for Life	Wednesday 12.00 – 1.00pm	Brighthelm Community Centre BN1 1YD
Women Only Swimming	Wednesday 12:30 – 1:30pm	St Luke's Swimming Pool
Earlybird Brisk Seafront Walk	Wednesday 7:15am-8am	Meet at Kings Esplanade
Hollingbury Hillfort	Wednesday 11:00am	Meet at Hollingdean Sure Start Centre
Brighton Women's Centre Walk	Wednesday 11:30am	Meet at Brighton Women's Centre
Cemeteries Walk	Wednesday 12:30pm	Meet at Gladstone Pub
Nordic Progression Walk	1 st and 3 rd Wednesday of the month 1:30pm	Various locations
Stanmer Park	Thursday 11:00am	Meet at the park gates Stoney Mere Way
Zumba	Thursday 4:45 – 5:45pm	Brighton Youth Centre BN2 0JR
In Shape for Life	Friday 9:30 – 10.30am	Hollingdean Community Centre BN1 7BH
Patcham	Friday 10:30am	Meet at Bus Stop on the opposite side to Co-op
Active Forever Moves	Friday 2 nd , 16 th , 23 rd , & 30 th October 10:30-11:30am	New Larchwood BN1 9EZ

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East

Castle Hill/Woodingdean	Tuesday 10:00am	Meet at the small car park on Falmer Road
In Shape for Life	Tuesday 11:00-11:45 (Adults)	The Manor BN2 5EA
In Shape for Life	Tuesday 11:45-12:30 (60+)	The Manor BN2 5EA
In Shape for Life	Tuesday 11:00 – 12:30pm	Moulsecoomb Hall BN2 4GA
Falmer and Beyond Progression Walk	Tuesday 1:00pm	Meet at Swan pub
Pilates	Wednesday 10:00 – 11:00am	The Manor BN2 5EA
Sheepcote Valley	Wednesday 10:15am	Meet at East Brighton Park Café
Active Forever Moves	Thursday 21 st May-11 th June 15:00	Dean Wood BN2 6DX
Saltdean/UnderCliff	Friday 11:00am	Meet Saltdean Library
Sheepcote Valley Progression Walk	1 st Saturday of the month 11:00am	Meet at East Brighton Park Café
Balsdean Progression Walk Saturday	Saturday 1:00pm	Meet at car park bu the junction of Falmer Road and Bexhill Road, Woodingdean
Stanmer Park Sunday	Sunday 10:45am	Meet outside the Village Tea Rooms