

Mental Health Awareness Week

16 May—22 May

Activity Timetable

Date	Activity	Location	Time	Price
16th	Mindfulness Session	A Place To Grow, Enderby	10.00am -1.00pm	FREE
16th	Fit To Dance	Countesthorpe Village Hall	10.30 -11.30am	£3.00
16th	Circuits	The Pavilion, Huncote	6.30-7.30pm	£5.00
16th	Never Mind The Ballards Group music	Countesthorpe Methodist Church	6.30-8.30pm	£2.00
17th	Community Garden	A Place To Grow, Enderby	10.00am—1.00pm	FREE
17th	Tai Chi	The Pavilion, Huncote	10.00-11.00am	£4.10
17th	Fit To Dance	Braunstone Civic Centre	10.30-11.30am	£3.00
17th	Health Walk	Stoney Stanton Memorial Playing fields	11am-12 noon	FREE
17th	Chair Based Yoga and Relaxation	Blaby & District Social Centre	1.30-2.30pm	£3.00
17th	Kurling	Glen Parva War Memorial Hall	2.00-3.00pm	£1.00
17th	Pilates	The Pavilion, Huncote	6.30-7.30pm	£4.10
17th	Boxercise	The Pavilion, Huncote	7.30-8.30pm	£4.10

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Date	Activity	Location	Time	Price
18th	Pilates	The Pavilion, Huncote	9.30-10.30am	£4.10
18th	Kurling	Kirby Muxloe Village Hall	2.00-3.00pm	£2.00
18th	Zumba	The Pavilion, Huncote	6.30-7.15pm	£3.50
18th	Mini Circuits	The Pavilion, Huncote	6.30-7.30pm	£4.10
19th	Community Garden	A Place To Grow, Enderby	10.00am-1.00pm	FREE
19th	Health Walk	A Place To Grow, Enderby	1.00-2.00pm	FREE
19th	Kurling	Braunstone West Social Centre	2.00-3.00pm	£2.00
19th	Insanity	The Pavilion, Huncote	6.30-7.30pm	£5.00
20th	Community Garden	A Place To Grow, Enderby	9.30am -12.30pm	FREE
20th	Fit To Dance	Elmesthorpe Village Hall	10.30-11.30am	£3.00
20th	Tai Chi	Braunstone Civic Centre	2.00-3.00pm	£4.00
20th	Chair Based Exercise	Blaby & District Social Centre	2.30-3.30pm	£2.50
21st	Boot Camp	The Pavilion, Huncote	9.30-10.30am	£4.10

- Some activities may require a health questionnaire or registration form to be completed.
- Please arrive 5-10 minutes before the activity.
- Wear suitable clothing and footwear.

For more information about the activities during Mental Health Awareness Week please contact Blaby District Council Health and Leisure Services on 0116 272 7703 or email leisure@blaby.gov.uk