



## Wootton Community and Sports Centre Weekly Activities

These are the regular bookings at the centre,  
all other times are available for private hire.

### Monday

10am-12pm	<b>Sunflower Yoga and Pilates mix</b> A great way to flatten your tummy and improve posture - all welcome to come along.	Contact Nikki 07903 500734 <a href="http://www.northantsfitnessclasses.co.uk">www.northantsfitnessclasses.co.uk</a>
6pm-9pm	<b>Wootton Youth Project</b>	Contact the Parish Office on 01604 705055 for more information

### Tuesday

6.30am – 7.15am	<b>Empower Fitness - Bootcamp</b>	Contact Peter and Emily Cox on 07772 530970 or <a href="mailto:empower.fitness@hotmail.co.uk">empower.fitness@hotmail.co.uk</a>
10am-10.45am	<b>Giggles and Wiggles with Kinder Musik</b>	Juliana Ventura on 01536 390392 or <a href="mailto:yuliana.ventura@ntlworld.com">yuliana.ventura@ntlworld.com</a>
11am-11.45am	Music and movement classes for babies and toddlers. Join us for 45 mins for purposeful music activities specifically for babies and mums.	
6pm-9.00pm	<b>Wootton Youth Project</b>	Contact the Parish Office on 01604 705055 for more information.

### Wednesday

10am-12pm	<b>Sunflower Yoga and Pilates mix</b>	Contact Nikki 07903 500734 <a href="http://www.northantsfitnessclasses.co.uk">www.northantsfitnessclasses.co.uk</a>
10am-12pm	<b>Adult Italian Class</b>	Contact Northampton County Council 01604 237434 for more details
2pm-3.30pm	<b>Community Seniors Club</b> Meet weekly – ALL WELCOME	Contact the Parish Office on 01604 705055 for more information
2pm – 4pm	<b>French Class</b>	Contact Claudie Smith 01604 810703 for more information
4pm -7.00pm	<b>Sinead Loughnane</b> Dance Classes for children and adults	Contact Sinead Loughnane 768420 for details of classes and times
7.00pm-8.00pm	<b>Sunflower</b> Legs, Bums & Tums	Contact Nikki 07903 500734 <a href="http://www.northantsfitnessclasses.co.uk">www.northantsfitnessclasses.co.uk</a>
8.15pm – 9.00pm	<b>Empower Fitness - Circuit Training</b>	Contact Peter and Emily Cox on 07772 530970 or <a href="mailto:empower.fitness@hotmail.co.uk">empower.fitness@hotmail.co.uk</a>
6pm-Close	<b>Jubilee Bar Open</b>	

## Wootton Community and Sports Centre

For Hall Hire and general enquiries contact the Parish Office on 01604 705055 or [bookings@woottonpc.co.uk](mailto:bookings@woottonpc.co.uk)  
[www.woottonpc.co.uk](http://www.woottonpc.co.uk)

## Thursday

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9.30am-11.30am	<b>Wootton &amp; Hardingstone Childminders</b>	Contact June Clifton 07771 784401
2.00pm-3.00pm	<b>Pilates</b>	Anne Howgego 07778 316814
2pm – 4pm	<b>French Class</b>	Contact Claudie Smith 01604 810703 for more information
5.00pm-6.00pm	<b>Street Dance</b> Children over 7	Contact Robert Yeal 01604 826050 or 07910 785450
7.30pm	<b>Wootton Road Runners</b> Friendly Club for runners of all levels	Contact at session
8.15pm-9.45pm	<b>GKR Karate</b>	All welcome – Children and adults Info.uk@gkrkarate.com
6pm-Close	<b>Jubilee Bar Open</b> Food available from 6pm	

## Friday

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6.30am – 7.15am	<b>Empower Fitness – Bootcamp</b>	Contact Peter and Emily Cox on 07772 530970 or <a href="mailto:empower.fitness@hotmail.co.uk">empower.fitness@hotmail.co.uk</a>
9.30am – 11.30am	<b>Preston Hedgehogs – Toddler Group</b>	All Welcome – come along to the session
1pm – 3pm	<b>Sure Start Children's Centre</b>	Contact Wootton & Hardingstone Sure Start for more information 01604 521180
7.15pm-9.50pm	<b>Experience Dance &amp; Fitness</b> Dance classes	Contact Gill Lockett <a href="mailto:info@danceandfitness.co.uk">info@danceandfitness.co.uk</a> <a href="http://www.danceandfitness.co.uk">www.danceandfitness.co.uk</a>
3pm-Close	<b>Jubilee Bar Open</b> Food available from 5pm	

## Saturday

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9am-2.00pm	<b>Tumbletots</b>	Contact Naomi – 01327 300807 or email Naomi.rsmith@tumbletots.com
12.00-Close	<b>Jubilee Bar Open</b> Food available from 9am	
	<b>Centre available for Private Hire.</b>	Contact 705055 for details or e-mail <a href="mailto:Bookings@woottonpc.co.uk">Bookings@woottonpc.co.uk</a>

## Sunday

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10am-11.30am	<b>GKR Karate</b>	All welcome - Children and adults
11.45am-12.45	<b>Karate</b>	Contact Eddie Sanders 07950 260148
12.00-Close	<b>Jubilee Bar Open</b> Food available from 9am	
	<b>Centre available for Private Hire.</b>	Contact 705055 for details or e-mail <a href="mailto:Bookings@woottonpc.co.uk">Bookings@woottonpc.co.uk</a>

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