

ST MATTHEW'S COMMUNITY NEWSLETTER

ACTIVITIES

KARATE- MONDAY 7:30-8:30 SATURDAY 10:30- 11:30AM

PRICE: JUNIOR- £5 ADULT- £6

DODGEBALL- THURSDAY 6:30-7:30

AGES: 6-12

PRICE: £3

FOOTBALL SKILLS- MONDAY PRICE: £5

AGES: 4-5 5:00- 6:00

6-7 6:00- 7:00

7-8 7:00- 8:00

9-11 8:00- 9:00

HEALTH AND FITNESS SESSIONS

YOGA- TUESDAY 7:30- 8:30

PRICE: £3

LEGS BUMS & TUMS- WEDNESDAY 5:30- 6:00

PRICE: £1

BODY CON/CIRCUITS-WEDNESDAY 6:00- 6:45

PRICE: £1

ZUMBA- WEDNESDAY 7:00- 8:00

PRICE: £1

ULTIMATE FAT BURN- THURSDAY 6:30- 7:30

PRICE: £4.75

LBT- THURSDAY 7:30- 8:15

PRICE: £3

ZUMBA- THURSDAY 7:00- 8:00

PRICE: £4

SLIMMING WORLD- WEDNESDAY 5:30 & 7:30

SATURDAY 8:00 & 10:00AM

LBT AND BOOTCAMP- MONDAY AND WEDNESDAY 6:30- 7:30

PRICE: £3.50



ST MATTHEW'S CONTACT INFO

OFFICE NUMBER:

0161 359 3956

MOBILE NUMBER:

07515 067 322

EMAIL:

N.RADCLIFFE@SMRCHS.COM

EXTRA CONTACTS

SAXON KARATE:

07863 778 821

www.Saxonkarate.co.uk

SLIMMING WORLD:

07958 106 876

BOOTCAMP

07955 664 811

ULTIMATE FAT BURN

www.Helensheroes.co.uk

BODY CON/CIRCUITS

07736 306 361