

Groups and Activity Programmes running at West Glebe Sports Pavilion

Monday

Tai Chi 10.30am-11.30am

Singing for the Brain 2.00pm-3.30pm

Irish Dancing 6.00pm-8.30pm

Tuesday

Chair Exercise (all ages & abilities) 10.30am-11.15am

Walking Football 11.00am-12.30pm

Public Sector Retired Members (3rd week monthly)
2.00pm-4.00pm

Slimming World 4.30pm-7.30pm

Wednesday

Late Developers Photography (Fortnightly) 10.00am-
12.00pm

Get Up and Go 1.30pm-2.15pm (tea/coffee till 3pm)

Walking for Health 1.30pm-2.15pm (tea/coffee till 3pm)

Shape Dance 5.30pm-7.30pm

Diabetic Support Session 9.30am-12.30pm

Thursday

Tai Chi 10.30am-11.30am

Yoga 1.30pm-3.00pm

Slimming World 5.00pm -9.00pm

Friday

Slimming World 9.00am-12.30pm

Move & Groove 1.30pm-2.30pm

Saturday

Park Run (all ages) 9.00am-10am start.

Birthday parties available Sat/Sun afternoons

*For more details, please contact West Glebe
Pavilion 01536 204217.*

Groups and Activity Programmes running at Hazelwood Neighbourhood Centre

Monday

The Witch Within (2nd week monthly) – 7.00pm-9.00pm

Tuesday

CAB. Appointment only 9.00am-3.00pm

Bowls 12.30pm-3.30pm

Mad2Perform, various classes (Termtime) 4.00pm-6.00pm

Hazel Leys Happening Youth Hub (7-12 years) 6.00pm –
7.30pm

Corby Town Council (1st Tues of the Month) 7.00pm-
9.00pm

Wednesday

Love World Church, Bible Class 6.30pm-8.30pm

Thursday

Bowls 12.30pm-3.30pm

Krav Maga Self Defence class 7.30pm- 9.30pm

Saturday

Mad2Perform (Termtime) various classes 9.00am-1.00pm

Sunday

Love World Church – 10.00am-12.00pm

*For more details, please contact Hazelwood
Neighbourhood Centre 01536 443171.*

