

Session	Day	Time	Venue	Cost
Pilates	Monday	10am - 10.45am	Offerton Community Centre, Mallowdale Road, Offerton, Stockport, SK2 5NX	£3.30
Badminton	Monday	10.30am - 12.30pm	Brinnington Park Leisure complex, Northumberland Road, Brinnington, Stockport, SK5 8LS	£3.30
Walking Football	Monday	12.30pm - 1.30pm	Brinnington Park Leisure complex, Northumberland Road, Brinnington, Stockport, SK5 8LS	£3.30
Table Tennis	Monday	1pm - 2pm	Stockport Sports Village, Lambeth Grove, Woodley, Stockport, SK6 1QX	£3.30
Confidence walk	Monday	1pm - 2pm	Offerton Community Centre, Mallowdale Road, Stockport, SK2 5NX	£1.50
Pickleball	Monday	1pm - 3pm	Brinnington Park Leisure complex, Northumberland Road, Brinnington, Stockport, SK5 8LS	£3.30
Active Afternoon	Monday	2pm - 3pm	Offerton Community Centre, Mallowdale Road, Offerton, Stockport, SK2 5NX	£1.50

Session	Day	Time	Venue	Cost
Football for mental health	Monday	6pm - 7pm	Stockport Sports Village, Lambeth Grove, Woodley, Stockport, SK6 1QX	£3.30
Table tennis	Tuesday	10am - 11am	Brinnington Park Leisure complex, Northumberland Road, Brinnington, Stockport, SK5 8LS	£3.30
Walking Hockey	Tuesday	11.30am - 12.30pm	Brinnington Park Leisure complex, Northumberland Road, Brinnington, Stockport, SK5 8LS	£3.30
Confidence walk	Tuesday	1pm - 2pm	Life Leisure Avondale, Heathbank Road, Cheadle Heath, Stockport, SK3 0UP	Free
Confidence cycle	Tuesday	1.30pm - 2.30pm	Brinnington Park Leisure complex, Northumberland Road, Brinnington, Stockport, SK5 8LS	£2
Confidence walk	Wednesday	10.30am - 11.30am	Brinnington Park Leisure complex, Northumberland Road, Brinnington, Stockport, SK5 8LS	Free
Walking football	Wednesday	10am - 11am	Brinnington Park Leisure complex, Northumberland Road, Brinnington, Stockport, SK5 8LS	£3.30

Session	Day	Time	Venue	Cost
Ladies walking football	Wednesday	1pm - 2pm	Brinnington Park Leisure complex, Northumberland Road, Brinnington, Stockport, SK5 8LS	£3.30
Community walk	Wednesday	1pm - 2pm	Begins from Stockport Sports Village, Lambeth Grove, Woodley, Stockport, SK6 1QX	Free
Walking netball	Thursday	10.30am - 12pm	Life Leisure Avondale, Heathbank Road, Cheadle Heath, Stockport, SK3 0UP	£3.30
Confidence walk	Thursday	1.30pm - 2.30pm	Bramhall Village, Melbourne Road, Bramhall, Stockport, SK7 1LR	£1.50
Community gym drop in	Thursday	1pm - 2pm	Stockport Sports Village, Lambeth Grove, Woodley, Stockport, SK6 1QX	Free
Over 40s walking football	Thursday	7pm - 8pm	Stockport Sports Village, Lambeth Grove, Woodley, Stockport, SK6 1QX	£3.30
Badminton	Friday	10am - 12.00pm	Brinnington Park Leisure complex, Northumberland Road, Brinnington, Stockport, SK5 8LS	£3.30

Session	Day	Time	Venue	Cost
Community gym drop in	Friday	11am - 12pm	Brinnington Park Leisure complex, Northumberland Road, Brinnington, Stockport, SK5 8LS	Free
Confidence walk	Friday	11.30am - 12.30pm	Woodley Civic Hall, Hyde Road, Woodley, Stockport, SK6 1QG	£1.50
Pickleball	Friday	12.15pm - 2.15pm	Brinnington Park Leisure complex, Northumberland Road, Brinnington, Stockport, SK5 8LS	£3.30
Table Tennis	Friday	1pm - 2pm	Brinnington Park Leisure complex, Northumberland Road, Brinnington, Stockport, SK5 8LS	£3.30
Walking football	Sunday	10am - 11am	Stockport Sports Village, Lambeth Grove, Woodley, Stockport, SK6 1QX	£3.30