

| Session | Day | Time | Venue | Cost |
|-----------------------------------|---------------|-------------------|--|--------------|
| Pilates | Monday | 10am - 10.45am | Offerton Community Centre, Mallowdale Road, Offerton, Stockport, SK2 5NX | £3.50 |
| Badminton | Monday | 10.30am - 12.30pm | Brinnington Park Leisure complex, Northumberland Road, Brinnington, Stockport, SK5 8LS | £3.50 |
| Brinnington community walk | Monday | 10.30am | Meet at Hollow End Towers, Northumberland Raod, SK5 8NY - walking around Reddish Vale park | Free |
| Walking Football | Monday | 12.30pm - 1.30pm | Brinnington Park Leisure complex, Northumberland Road, Brinnington, Stockport, SK5 8LS | £3.50 |
| Table Tennis | Monday | 1pm - 2pm | Stockport Sports Village, Lambeth Grove, Woodley, Stockport, SK6 1QX | £3.50 |
| Pickleball | Monday | 1pm - 3pm | Brinnington Park Leisure complex, Northumberland Road, Brinnington, Stockport, SK5 8LS | £3.50 |
| Outdoor confidence walk | Monday | 1pm - 2.30pm | Meeting outside Pure Cade at Woodbank Park | Free |

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| Football for mental health | Monday | 6pm - 7pm | Stockport Sports Village, Lambeth Grove, Woodley, Stockport, SK6 1QX | £3.50 |
| Table tennis | Tuesday | 10am - 11am | Brinnington Park Leisure complex, Northumberland Road, Brinnington, Stockport, SK5 8LS | £3.50 |
| Confidence Class | Tuesday | 10am - 11am | Life Leisure Houldsworth Village, Adjacent to Broadstone Mill, Broadstone Road, Reddish, Stockport, SK5 7AT | Free |
| Walking Hockey | Tuesday | 11.30am - 12.30pm | Brinnington Park Leisure complex, Northumberland Road, Brinnington, Stockport, SK5 8LS | £3.50 |
| Confidence walk | Tuesday | 1pm - 2pm | Life Leisure Avondale, Heathbank Road, Cheadle Heath, Stockport, SK3 0UP | Free |
| Nordic Walking | Tuesday | 1pm - 2pm | Meeting outside Pure Cafe at Woodbank Park | £3.50 |
| Confidence Cycle | Tuesday | 1.30pm - 2.30pm | Brinnington Park Leisure complex, Northumberland Road, Brinnington, Stockport, SK5 8LS | £2.10 |

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| 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 | £3.50 |
| Social stroll | Wednesday | 12.30pm start | Meeting at Life Leisure Grand Central Grand Central Square, Wellington Road South, Stockport, SK1 3TA | Free |
| Ladies walking football | Wednesday | 1pm - 2pm | Brinnington Park Leisure complex, Northumberland Road, Brinnington, Stockport, SK5 8LS | £3.50 |
| 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 | £3.50 |
| Coffee & curling | Thursday | 10.30am - 12.30pm | Stockport Sports Village, Lambeth Grove, Woodley, Stockport, SK6 1QX | Free |

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| 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 | £3.50 |
| Badminton | Friday | 10am - 12.00pm | Brinnington Park Leisure complex, Northumberland Road, Brinnington, Stockport, SK5 8LS | £3.50 |
| 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 | £3.50 |

