

NEWPORT TIMETABLE

MONDAY

11:00—12:00 **Multisport**
Station Gym

1:30 - 2:30 **Zumba**
Station Gym

1:30 - 2:30 **Circuits**
Station Gym

TUESDAY

11:00 - 12:00 **Multisport**
Station Gym

11:15 - 12:15 **Archery**
Station Gym

1:30-2:30 **Football**
Newport Velodrome

WEDNESDAY

10:30-11:30 **Multisport**
Station Gym

11:00-12:00 **Archery**
Shaftesbury Community Centre

1:30 - 2:30 **Boccia**
Pill Millennium Centre

THURSDAY

10:30-11:30 **Multisport**
Station Gym

1:30-2:30 **Zumba**
Station Gym

1:30-2:30 **Rugby Skills**
Pill Millennium Centre

FRIDAY

10:00-11:00 **Variety**
Pill Millenium Centre

11:00-12:00 **Zumba Gold**
Pill Millenium Centre

Timetable 2024

MULTI-SPORT



SOCIAL HEALTH & WELLBEING

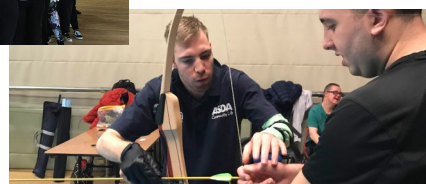
Inclusive sporting and dance activities for adults with learning disabilities.

Where individuals can improve fitness, wellbeing, confidence, independence and learn new skills within the community.

Sessions subject to availability

New Location

**Station Gym (Near Admiral Building)
Cambrian Road
NP20 4AD**



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