

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
Football for mental health	Monday	6pm - 7pm	Stockport Sports Village, Lambeth Grove, Woodley, Stockport, SK6 1QX	£3.50

Session	Day	Time	Venue	Cost
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 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

Session	Day	Time	Venue	Cost
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
Active morning	Thursday	9.30am - 10.30am	Brinnington Park Leisure complex, Northumberland Road, Brinnington, Stockport, SK5 8LS	£1.50
Walking netball	Thursday	10.30am - 12pm	Life Leisure Avondale, Heathbank Road, Cheadle Heath, Stockport, SK3 0UP	£3.50
Active morning	Thursday	10.30am - 12pm	Stockport Sports Village, Lambeth Grove, Woodley, Stockport, SK6 1QX	£1.50
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

Session	Day	Time	Venue	Cost
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
Pickleball	Friday	12.15pm - 2.15pm	Brinnington Park Leisure complex, Northumberland Road, Brinnington, Stockport, SK5 8LS	£3.50
Table Tennis	Friday	1pm - 2pm	Brinnington Park Leisure complex, Northumberland Road, Brinnington, Stockport, SK5 8LS	£3.50
Walking football	Sunday	10am - 11am	Stockport Sports Village, Lambeth Grove, Woodley, Stockport, SK6 1QX	£3.50