

<b>Session</b>	<b>Day</b>	<b>Time</b>	<b>Venue</b>	<b>Cost</b>
<b>Pilates</b>	<b>Monday</b>	10am - 10.45am	Offerton Community Centre, Mallowdale Road, Offerton, Stockport, SK2 5NX	<b>£3.65</b>
<b>Badminton</b>	<b>Monday</b>	10.30am - 12.30pm	Brinnington Park Leisure complex, Northumberland Road, Brinnington, Stockport, SK5 8LS	<b>£3.65</b>
<b>Brinnington community walk</b>	<b>Monday</b>	10.30am	Meet at Hollow End Towers, Northumberland Raod, SK5 8NY - walking around Reddish Vale park	<b>Free</b>
<b>Walking Football</b>	<b>Monday</b>	12.30pm - 1.30pm	Brinnington Park Leisure complex, Northumberland Road, Brinnington, Stockport, SK5 8LS	<b>£3.65</b>
<b>Table Tennis</b>	<b>Monday</b>	1pm - 2pm	Stockport Sports Village, Lambeth Grove, Woodley, Stockport, SK6 1QX	<b>Free</b>
<b>Pickleball</b>	<b>Monday</b>	1pm - 3pm	Brinnington Park Leisure complex, Northumberland Road, Brinnington, Stockport, SK5 8LS	<b>£3.65</b>
<b>Football for mental health</b>	<b>Monday</b>	6pm - 7pm	Stockport Sports Village, Lambeth Grove, Woodley, Stockport, SK6 1QX	<b>£3.65</b>

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<b>Table tennis</b>	<b>Tuesday</b>	10am - 11am	Brinnington Park Leisure complex, Northumberland Road, Brinnington, Stockport, SK5 8LS	<b>£3.65</b>
<b>Confidence Class</b>	<b>Tuesday</b>	10am - 11am	Life Leisure Houldsworth Village, Adjacent to Broadstone Mill, Broadstone Road, Reddish, Stockport, SK5 7AT	<b>Free</b>
<b>Confidence cycle</b>	<b>Tuesday</b>	10.30am - 11.30am	Life Leisure Avondale, Heathbank Road, Cheadle Heath, Stockport, SK3 0UP	<b>£3.65</b>
<b>Walking Hockey</b>	<b>Tuesday</b>	11.30am - 12.30pm	Brinnington Park Leisure complex, Northumberland Road, Brinnington, Stockport, SK5 8LS	<b>£3.65</b>
<b>Confidence walk</b>	<b>Tuesday</b>	1pm - 2pm	Life Leisure Avondale, Heathbank Road, Cheadle Heath, Stockport, SK3 0UP	<b>Free</b>
<b>Nordic Walking</b>	<b>Tuesday</b>	1pm - 2pm	Meeting outside Pure Cafe at Woodbank Park	<b>£3.65</b>

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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	£3.65
Ladies walking football	Wednesday	1pm - 2pm	Brinnington Park Leisure complex, Northumberland Road, Brinnington, Stockport, SK5 8LS	£3.65
Pickleball session	Wednesday	2pm - 3.30pm	Life Leisure Avondale, Heathbank Road, Cheadle Heath, Stockport, SK3 0UP	£3.65
Walking netball	Thursday	10.30am - 12pm	Life Leisure Avondale, Heathbank Road, Cheadle Heath, Stockport, SK3 0UP	£3.65
Confidence swim	Thursday	10.40am - 11.10am	Life Leisure Avondale, Heathbank Road, Cheadle Heath, Stockport, SK3 0UP	£3.65
Confidence walk	Thursday	1.30pm - 2.30pm	Bramhall Village, Melbourne Road, Bramhall, Stockport, SK7 1LR	£1.50

<b>Session</b>	<b>Day</b>	<b>Time</b>	<b>Venue</b>	<b>Cost</b>
Community gym drop in	Thursday	1pm - 2pm	Stockport Sports Village, Lambeth Grove, Woodley, Stockport, SK6 1QX	Free
Confidence cycle	Thursday	1.30pm - 2.30pm	Brinnington Park Leisure complex, Northumberland Road, Brinnington, Stockport, SK5 8LS	£3.65
Coffee and kurling	Thursday	3pm - 3.45pm	Dialstone Methodist Church, 161 Dialstone Lane, Offerton, SK2 7LQ	Free <small>For introductory period</small>
Over 40s walking football	Thursday	7pm - 8pm	Stockport Sports Village, Lambeth Grove, Woodley, Stockport, SK6 1QX	£3.65
Badminton	Friday	10am - 12.00pm	Brinnington Park Leisure complex, Northumberland Road, Brinnington, Stockport, SK5 8LS	£3.65
Pickleball session	Friday	10.30am - 12pm	Life Leisure Avondale, Heathbank Road, Cheadle Heath, Stockport, SK3 0UP	£3.65
Community gym drop in	Friday	11am - 12pm	Brinnington Park Leisure complex, Northumberland Road, Brinnington, Stockport, SK5 8LS	Free

<b>Session</b>	<b>Day</b>	<b>Time</b>	<b>Venue</b>	<b>Cost</b>
<b>Pickleball</b>	<b>Friday</b>	12.15pm - 2.15pm	Brinnington Park Leisure complex, Northumberland Road, Brinnington, Stockport, SK5 8LS	<b>£3.65</b>
<b>Table Tennis</b>	<b>Friday</b>	1pm - 2pm	Brinnington Park Leisure complex, Northumberland Road, Brinnington, Stockport, SK5 8LS	<b>£3.65</b>
<b>Ladies only no strings badminton</b>	<b>Friday</b>	7pm - 8pm	Life Leisure Avondale, Heathbank Road, Cheadle Heath, Stockport, SK3 0UP	<b>£3.65</b>
<b>Walking football</b>	<b>Sunday</b>	10am - 11am	Stockport Sports Village, Lambeth Grove, Woodley, Stockport, SK6 1QX	<b>£3.65</b>