

Black Prince Trust (BPT) Remote and Face to Face Activity Timetable

Monday

Activity	Description	Time	Contact	Organisation
Community Fitness (socially distanced, outdoors) 16 plus	Outdoor community fitness session	330pm-430pm, BPT Hub, Blue Pitches	Jason Henley jason@blackprincetrust.org.uk places are limited so booking is essential	Black Prince Trust and Let's Get Active
Chair Circuit	Physical Activity session for over 50s	630pm (Zoom)	Jason Henley jason@blackprincetrust.org.uk	Black Prince Trust
Yoga with Grace	Yoga for all levels and abilities	6pm (Zoom)	Sam Mason – sam.mason@watmos.org.uk	Watmos Community Homes

Wednesday

Activity	Description	Time	Contact	Organisation
Bevs Coffee Morning	Wellness session targeting the older community	10am (Zoom)	Bev - Charity@foundryfit.com	Foundry FIT & BPT
Community Fitness (socially distanced, outdoors) 16 plus	Outdoor community fitness session	330pm-430pm, BPT Hub, Blue Pitches	Jason Henley jason@blackprincetrust.org.uk places are limited so booking is essential	Black Prince Trust & Let's Get Active
Community Football (socially distanced, outdoors)	Outdoor community football session	400pm-500pm	Craig McManus craig@streetsoccerlondon.org places are limited so booking is essential	Black Prince Trust and Street Soccer London

Friday

Activity	Description	Time	Contact	Organisation
Community Trim Trail – outdoor gym session	Supervised “outdoor gym” session for anyone 50+	10am-11am – meet outside Brixton People Kitchen	Jason Henley, jason@blackprincetrust.org.uk	Black Prince Trust
FIT Academy Gym session	Interactive home fitness session	5pm (Zoom)	Charity@foundryfit.com	Foundry FIT & BPT
Community Fitness (socially distanced, outdoors) 16 plus	Outdoor community fitness session	330pm-430pm, BPT Hub, Blue Pitches	Jason Henley jason@blackprincetrust.org.uk places are limited so booking is essential	Black Prince Trust & Let's Get Active

Saturday

Activity	Description	Time	Contact	Organisation
Youth Yoga	Yoga for young people	12pm (Zoom)	Zoe zoe@divertthinking.uk	Divert Thinking