

## BPT Remote Community Timetable – Starting Monday 9<sup>th</sup> November 2020

Activity	Description	Time	Contact
Rolling with the punches boxing FFC (Ages:18+)	Mental health boxing programme	Mondays 12:30pm-1:30pm (Zoom)	To book please contact - <a href="mailto:john@fight4change.org.uk">john@fight4change.org.uk</a> (Participant must be referred to join session)
Community Boxing – FFC (Ages: U15's)	Boxing fitness and core skills	Mondays 4:30pm-5:15pm (Zoom)	To book please contact - <a href="mailto:john@fight4change.org.uk">john@fight4change.org.uk</a>
Community Boxing – FFC (Ages:16+)	Boxing fitness and core skills	Mondays 5:45pm-6:45pm (Zoom)	To book please contact - <a href="mailto:john@fight4change.org.uk">john@fight4change.org.uk</a>
Yoga with Grace (Ages:18+)	Yoga for all levels and abilities	Mondays 6pm-7pm (Zoom)	To book please contact - <a href="mailto:sam.mason@watmos.org.uk">sam.mason@watmos.org.uk</a>
Community Gym workout (Ages:18+)	Strength conditioning & Hiit workouts	Tuesdays 4pm-5pm (Zoom)	To book please follow the link – <a href="http://www.blackprincetrust.org.uk/activitybooking">www.blackprincetrust.org.uk/activitybooking</a>  For zoom link please contact – Peter McIntyre <a href="mailto:operations@3pillarsproject.com">operations@3pillarsproject.com</a>
Community Fitness (Ages:18+)	General Fitness for all ability levels	Tuesdays 5pm-6pm (Zoom)	To book please follow the link – <a href="http://www.blackprincetrust.org.uk/activitybooking">www.blackprincetrust.org.uk/activitybooking</a>
Community Boxing FFC (Ages:U15's)	Boxing fitness and core skills	Wednesdays 4:30pm-5:15pm (Zoom)	To book please contact - <a href="mailto:john@fight4change.org.uk">john@fight4change.org.uk</a>
Community Boxing FFC (Ages:16+)	Boxing fitness and core skills	Wednesdays 5:45pm-6:45pm (Zoom)	To book please contact - <a href="mailto:john@fight4change.org.uk">john@fight4change.org.uk</a>
Rolling with the punches boxing FFC (Ages:18+)	Mental health boxing programme	Thursdays 2pm-3pm (Zoom)	To book please contact - <a href="mailto:john@fight4change.org.uk">john@fight4change.org.uk</a> (Participant must be referred to join session)
Community Gym workout (Ages:18+)	Strength conditioning & Hiit workouts	Thursdays 3:15pm-5pm (Zoom)	To book please follow the link – <a href="http://www.blackprincetrust.org.uk/activitybooking">www.blackprincetrust.org.uk/activitybooking</a>  For zoom link please contact – Peter McIntyre <a href="mailto:operations@3pillarsproject.com">operations@3pillarsproject.com</a>
Community Boxing (Ages:18+)	Boxing fitness and core skills	Thursdays 6pm-7pm (Zoom)	Contact - Sam Mason - <a href="mailto:sam.mason@watmos.org.uk">sam.mason@watmos.org.uk</a>  For session please follow link - <a href="https://us02web.zoom.us/j/85228696441?pwd=TXlwRkllODZwK2FjNDY4eWdyWkl3Zz09">https://us02web.zoom.us/j/85228696441?pwd=TXlwRkllODZwK2FjNDY4eWdyWkl3Zz09</a> Meeting ID: 852 2869 6441 Passcode: 753730
Seniors fitness class. (Ages:50+)	Supervised circuit class to improve fitness levels	Fridays 10am-11am (Zoom)	Contact – Bev De Valmency <a href="mailto:bev.dev21@gmail.com">bev.dev21@gmail.com</a>  To book please follow link - <a href="http://blackprincetrust.org.uk/activitybooking/">http://blackprincetrust.org.uk/activitybooking/</a>