

# Wellbeing Activities Spring 2024



There's always something happening at St John's Centre to make you feel healthier and happier! Why not try something new?

Day	Time	Activity	To find out more...
<b>Monday</b>	10.30am-12	Stay and Play (term time only) £2 per child	contact the Centre Rander 07947535716 tongwanshin@gmail.com Marie 07540912958
	3.30-4.30pm	Capoeira for Children (ages 4-6)	
	6.30-8pm	Shin's Taekwondo Academy	
	8.30-9.30pm	Ignite Yoga	
<b>Tuesday</b>	6.45-7.30am	Sunrise Yoga	jojocrago@gmail.com Rander 07947535716 Denise 07985 347 097
	5-6pm	Capoeira for Children (age 7+)	
	7-9pm	Manchester Inspirational Voices Choir	
<b>Wednesday</b>	6-6.45pm	Strength Training for Women £3.50	polly@bebolder.uk shylarksstjohns@outlook.com
	7.30-9.30pm	Shylarks Harmony Singers	
<b>Thursday</b>	6.45-7.30am	Sunrise Yoga	jojocrago@gmail.com contact the Centre hello@directionsformen.org.uk contact the Centre tongwanshin@gmail.com
	10-12	Mindful Crochet Group	
	12.30-2pm	Directions for Men	
	2.30-4pm	First Steps to Fitness (over 50s) FREE	
	6.30-8pm	Shin's Taekwondo Academy	
<b>Friday</b>	12.30-3.30pm	Wellbeing Workshops (including lunch) FREE	Joel 07853629771
<b>Saturday</b>	10.30-11.30/ 11.30-12.30	Non-contact Karate for Children	ss.2000@hotmail.co.uk
	<b>Sunday</b>	10-11am	Yoga with Jojo