

## Astral Park Sports and Community Centre activity timetable

Day/Time	Activity	Room
<b>Monday</b>		
10.00 – 11.00	Pilates ( <a href="mailto:info@therapythroughpilates.com">info@therapythroughpilates.com</a> )	Willow
11:15 – 11:45	Music Movement & Rhyme ( <a href="mailto:music.m.rhyme@gmail.com">music.m.rhyme@gmail.com</a> )	Poppy
17:00 – 18:00	Teddy Tennis ages 5-7 ( <a href="mailto:Nick.r@teddytennis.com">Nick.r@teddytennis.com</a> ) from 30 <sup>th</sup> Oct	Whole Hall
19.30 – 20.30	Fitsteps ( <a href="mailto:rosa@redhot-designs.com">rosa@redhot-designs.com</a> )	Astral Hall
<b>Tuesday</b>		
10:30 -12:30	Fortnightly Alzheimer's Society meeting ( <a href="mailto:ayla.patton@alzheimers.org.uk">ayla.patton@alzheimers.org.uk</a> )	Poppy
11:30 – 15:00	Fortnightly 4 networking meeting ( <a href="mailto:uzair@sfdigital.co.uk">uzair@sfdigital.co.uk</a> )	Willow
19:30 – 21:00	Susannah White Yoga ( <a href="mailto:susannah.white@outlook.com">susannah.white@outlook.com</a> )	Willow
<b>Wednesday</b>		
10.00 – 10.45	Rag Dolly Anna (0-5years) ( <a href="mailto:southbeds@ragdollyannas.com">southbeds@ragdollyannas.com</a> )	Campion
11:00 – 11:30	Rag Dolly Anna (Baby non movers)	Campion
18:30 – 19:30	Weight Watchers ( <a href="mailto:alisonjohnson@weight-watchers.co.uk">alisonjohnson@weight-watchers.co.uk</a> )	Whole Hall
<b>Thursday</b>		
09:30 – 11:00	Socatots ( <a href="mailto:Paul.darton@socatots.co.uk">Paul.darton@socatots.co.uk</a> ) 09:30 and 10:15	Willow
11:30 – 12:30	Pilates ( <a href="mailto:info@therapythroughpilates.com">info@therapythroughpilates.com</a> )	Campion
11:00 – 11:30	Music Movement & Rhyme ( <a href="mailto:music.m.rhyme@gmail.com">music.m.rhyme@gmail.com</a> )	Poppy
17.30 – 21.00	Slimming World ( <a href="mailto:kirsten.sheppard@hotmail.co.uk">kirsten.sheppard@hotmail.co.uk</a> )	Astral Hall
<b>Friday</b>		
09:30 – 11:30	Community Health Services Child Health Clinic ( <a href="mailto:marielle.dewinter@sept.nhs.uk">marielle.dewinter@sept.nhs.uk</a> )	Poppy & Campion
10.00 – 10.45	Hartbeeps ( <a href="mailto:Tori@hartbeeps.com">Tori@hartbeeps.com</a> )	Willow
11.00 – 11.45	Hartbeeps	Willow
12:00 – 13:00	Pilates ( <a href="mailto:info@therapythroughpilates.com">info@therapythroughpilates.com</a> )	Campion
13.00 – 14.00	Leighton Buzzard Cultural Society (Friday Prayers) ( <a href="mailto:erahman796@gmail.com">erahman796@gmail.com</a> )	Poppy & Campion
17:00 – 18:00	The star school of Irish dancing 4yrs ( <a href="mailto:scoilrincerealta@Hotmail.com">scoilrincerealta@Hotmail.com</a> )	Willow
<b>Saturday</b>		
08:00 – 09:00	No filter fitness Bootcamp ( <a href="http://www.nofilterbootcamp.co.uk">www.nofilterbootcamp.co.uk</a> )	Outside-grass
09:30 – 11:30	Tot Bop – 3 classes 09:30 / 10:15 / 11:00 ( <a href="mailto:rachelkenning79@gmail.com">rachelkenning79@gmail.com</a> )	Willow



**Café Astral**  
**Saturday & Sunday**  
**9am -12.30pm**

**Also available to hire  
for parties, weddings,**

Astral Park Sports and Community Centre, Johnson Drive, Leighton Buzzard LU7 4AY

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[www.astralpark.co.uk](http://www.astralpark.co.uk)

