

Day	What's happening	Where	When	Cost	Further information
Monday	Clowne Us Girls Netball	Heritage School	6-7pm	£1	Female only 14-21 years
	Clowne Back 2 Netball	Heritage School Sports Hall	7-8pm	£2	Ladies only, 16+
	Clowne Next Step Netball	Heritage School Sports Hall	8-9pm	£3	Ladies only 16+ Memberships available
	Shirebrook Zumba	Kissingate Leisure Centre	7.30- 8.15	£3	
	Shirebrook Zumba	Kissingate Leisure Centre	8.15- 9.00	£3	
Tuesday	Tibshelf Zumba	Tibshelf School Gym	6-7pm	£3	To book a place contact Exercise 4 All 01773 874 454
	Shirebrook Jog Shirebrook	Kissingate Leisure Centre	6- 6.45pm	£1	
	Doe Lea Kickboxing	Doe Lea Resource Centre	6.30- 7.00pm		Contact the centre for more info 01246 850209
Wednesday	Creswell Jog Creswell	Creswell Leisure Centre	7.00- 8.00pm	£2	First 6 sessions are free. Fee also includes a swim in the pool afterwards
	Clowne Jog on crew	Jog from various locatoins	7.30pm	FREE	Ladies only Recreational session, Contact for more information

	Creswell Zumba	Creswell Church Rooms	7.30- 8.15pm	£3	
	Creswell Zumba	Creswell Church Rooms	8.15- 9pm	£3	
Thursday	South Normanton Zumba	Frederick Gents School	6.00- 6.45pm	£3	
	Doe Lea Yoga	Doe Lea Resource Centre	6.00- 7.30pm		Contact the centre for more info 01246 850209
	Clowne Back 2 Rounders (mixed)	Clune Street Playing Fields	7.00- 8.00pm	£1	Its all for fun! 16+, Male & Female
Friday	Doe Lea Jujitsu	Doe Lea Resource Centre	6.0- 7.30pm		Contact the centre for more info 01246 850209
	Shirebrook No Strings Badminton	Kissingate Leisure Centre	8.00- 10.00p m	£2	Just turn up and play
Saturday	Shirebrook NG20	Kissingate Leisure Centre	5.00- 7.00pm	£3	