

What's on at Copthorne Jubilee Pavilion

August – September 2015

Monday	**Monday Club – lunch & tea Contact Marion:01342 458559	1930 Core Blimey with Cherub Dance 2015 Dance Fit (both still with Fran) *Youth Football training. Field
Tuesday	**10-1130 'Play & Learn'	1730 Slimming World 1930 Slimming World *Youth Football training. Field
Wednesday	0930 Slimming World	*1830 Zumba Dance Fitness latin based dance *1930 Zumba Step Zumba + Step *Youth Football training. Field
Thursday	1100 Seated Pilates 1200 Pilates stand & mats	1845 Run fit. Field 1830 U11 Rugby Fitness Training. Field 1830 Copthorne Rovers Training. Field 1830 Mutts with Manners Pavilion. 1930 Mutts with Manners. Pavilion
Friday	*1230 Fairy Tots	*1600 Happy Feet Song & Dance Company Various classes & times.
Saturday	*0900 SAMA Karate (Pavilion) *Inspire Dance Academy 0930 Run Fit. Field	Cricket – see their website for fixtures *Youth Football training (or matches). Field. Football – from September – see their websites for dates
Sunday	1000 SAMA (Pavilion) Kick Boxing & Tai Chi	

See website for more details : www.copthorne-sca.co.uk News & blog.

*not running in August, contact the organisers for start dates in September.

** Monday Club Afternoon Tea – 17th August.

** Play & Learn – 11th August

Football Training:

Rovers – Thursday evening

*Youth Football Training – restarts September. Monday/Tuesday/Wednesday/Saturday – different age groups = different days – contact www.pitchero.com/clubs/copthorneyouthfc

SAMA – Mick Hayes. yondan10@gmail.com

Zafire Personal Training Run Fit – Debbie Beling 07720 772578 debbie@zafirepersonaltraining.co.uk

Fairy Tots – Lennie Wright 07734 936551

Cherub Dance – Fran Pittingale 07712 414967 FitSteps@hotmail.com

Slimming World – Debbie Akehurst 07584 166228

Zumba - Donna Botting 07703 324882 dbzumba@btinternet.com

Pilates – Sally Volrath 07880 853145 sallyj_volrath@hotmail.com

Mutts with Manners – Lisa Childs 07941 184793

Under 11 Rugby Fitness Training – Beth Hilton 07411 699241

Play & Learn – Fiona Thompson 07872 422346

Monday Club – Marion Welchman 07784 474237

Inspire Dance Academy – Jo jo@inspireacademyofdance.co.uk

Happy Feet – Anne Garrett 07885 026428 e: happyfeet@uwclub.net

Copthorne Youth Football – Paul Buckle www.pitchero.com/clubs/copthorneyouthfc

Copthorne Rovers Football – Andrew Beadle

For more news, join our Facebook page? facebook – Copthorne Sports & Community Association.

This programme is a guide only and may change or cancel at short notice. It is your responsibility to check details with each individual organizer. This report has been compiled to the best of her knowledge & belief by Helen Reeves www.helen-reeves.co.uk