

Session	Day	Time	Venue	Cost
Pilates	Monday	10am - 10.45am	Offerton Community Centre, Mallowdale Road, Offerton, Stockport, SK2 5NX	£3.50
Badminton	Monday	10.30am - 12.30pm	Brinnington Park Leisure complex, Northumberland Road, Brinnington, Stockport, SK5 8LS	£3.50
Brinnington community walk	Monday	10.30am	Meet at Hollow End Towers, Northumberland Raod, SK5 8NY - walking around Reddish Vale park	Free
Walking Football	Monday	12.30pm - 1.30pm	Brinnington Park Leisure complex, Northumberland Road, Brinnington, Stockport, SK5 8LS	£3.50
Table Tennis	Monday	1pm - 2pm	Stockport Sports Village, Lambeth Grove, Woodley, Stockport, SK6 1QX	£3.50
Pickleball	Monday	1pm - 3pm	Brinnington Park Leisure complex, Northumberland Road, Brinnington, Stockport, SK5 8LS	£3.50
Outdoor confidence walk	Monday	1pm - 2.30pm	Meeting outside Pure Cade at Woodbank Park	Free

Session	Day	Time	Venue	Cost
Football for mental health	Monday	6pm - 7pm	Stockport Sports Village, Lambeth Grove, Woodley, Stockport, SK6 1QX	£3.50
Table tennis	Tuesday	10am - 11am	Brinnington Park Leisure complex, Northumberland Road, Brinnington, Stockport, SK5 8LS	£3.50
Confidence Class	Tuesday	10am - 11am	Life Leisure Houldsworth Village, Adjacent to Broadstone Mill, Broadstone Road, Reddish, Stockport, SK5 7AT	Free
Walking Hockey	Tuesday	11.30am - 12.30pm	Brinnington Park Leisure complex, Northumberland Road, Brinnington, Stockport, SK5 8LS	£3.50
Confidence walk	Tuesday	1pm - 2pm	Life Leisure Avondale, Heathbank Road, Cheadle Heath, Stockport, SK3 0UP	Free
Nordic Walking	Tuesday	1pm - 2pm	Meeting outside Pure Cafe at Woodbank Park	£3.50
Confidence Cycle	Tuesday	1.30pm - 2.30pm	Brinnington Park Leisure complex, Northumberland Road, Brinnington, Stockport, SK5 8LS	£2.10

Session	Day	Time	Venue	Cost
Confidence walk	Wednesday	10.30am - 11.30am	Brinnington Park Leisure complex, Northumberland Road, Brinnington, Stockport, SK5 8LS	Free
Walking football	Wednesday	10am - 11am	Brinnington Park Leisure complex, Northumberland Road, Brinnington, Stockport, SK5 8LS	£3.50
Social stroll	Wednesday	12.30pm start	Meeting at Life Leisure Grand Central Grand Central Square, Wellington Road South, Stockport, SK1 3TA	Free
Ladies walking football	Wednesday	1pm - 2pm	Brinnington Park Leisure complex, Northumberland Road, Brinnington, Stockport, SK5 8LS	£3.50
Community walk	Wednesday	1pm - 2pm	Begins from Stockport Sports Village, Lambeth Grove, Woodley, Stockport, SK6 1QX	Free
Walking netball	Thursday	10.30am - 12pm	Life Leisure Avondale, Heathbank Road, Cheadle Heath, Stockport, SK3 0UP	£3.50
Coffee & curling	Thursday	10.30am - 12.30pm	Stockport Sports Village, Lambeth Grove, Woodley, Stockport, SK6 1QX	Free

Session	Day	Time	Venue	Cost
Confidence walk	Thursday	1.30pm - 2.30pm	Bramhall Village, Melbourne Road, Bramhall, Stockport, SK7 1LR	£1.50
Community gym drop in	Thursday	1pm - 2pm	Stockport Sports Village, Lambeth Grove, Woodley, Stockport, SK6 1QX	Free
Over 40s walking football	Thursday	7pm - 8pm	Stockport Sports Village, Lambeth Grove, Woodley, Stockport, SK6 1QX	£3.50
Badminton	Friday	10am - 12.00pm	Brinnington Park Leisure complex, Northumberland Road, Brinnington, Stockport, SK5 8LS	£3.50
Community gym drop in	Friday	11am - 12pm	Brinnington Park Leisure complex, Northumberland Road, Brinnington, Stockport, SK5 8LS	Free
Confidence walk	Friday	11.30am - 12.30pm	Woodley Civic Hall, Hyde Road, Woodley, Stockport, SK6 1QG	£1.50
Pickleball	Friday	12.15pm - 2.15pm	Brinnington Park Leisure complex, Northumberland Road, Brinnington, Stockport, SK5 8LS	£3.50

