

# WHAT'S ON AT GRESFORD TRUST

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Morning</b>	The Story Tent 9.30am / 10.45am	Gresford Craft Group 9.30am  Zumba 9.30am	Pilates 9.30am  Exercise with Baby  Pilates – Supported & Seated 11am		Pilates 9.30am	Pro-Skill Soccer 9am  Pilates 9am	Functional Fitness Circuits 8.30am
<b>Afternoon</b>	Meditation and Mindfulness for children 3.45pm	Rainbows 4pm	St Margaret's indoor bowls 1pm (Oct – Mar)	Gresford Retirement Group 2pm (2 <sup>nd</sup> & 4 <sup>th</sup> Thursday)	Street Dance (infants) 4pm		
<b>Evening</b>	Pilates 6pm  Yoga 7pm	Brownies 5.30pm  Pilates 7.30pm  Gresford Craft Group 7.30pm  Wrexham Chess Club 7pm (Sept-Apr)	Mini Kickers 5pm  Zumba 6.30pm  Yoga 7pm  Pilates 7.30pm  Wrexham Quilting Circle (2 <sup>nd</sup> Wed of month)  WI 7.30pm (1 <sup>st</sup> Wed of month)	Tae KwonDo Tigers 5.15pm  Tae KwonDo Families 6pm  Ladies Kick-Boxing 7.15pm  Pilates 7pm  IMAGE 7.30pm (3 <sup>rd</sup> Thurs of month)	Street Dance  Wrexham Birdwatchers (Sept-Apr 1 <sup>st</sup> Friday) 7.00pm		

**Don't forget:**

Gresford Athletic FC, GAFC Juniors, Gresford Cricket Club, Gresford Tennis Club, Snooker & Bowls.

**Some groups meet once per month. For more information and contact numbers, please see our notice boards and our website, [gresfordtrust.org](http://gresfordtrust.org) or alternatively contact us on 01978 856650.**