

WHAT'S ON AT GRESFORD TRUST

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	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
Afternoon	Meditation and Mindfulness for children 3.45pm	Rainbows 4pm	St Margaret's indoor bowls 1pm (Oct – Mar)	Gresford Retirement Group 2pm (2 nd & 4 th Thursday)	Street Dance (infants) 4pm		
Evening	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 Pilates 7.30pm Wrexham Quilting Circle (2 nd Wed of month) WI 7.30pm (1 st Wed of month)	Tae KwonDo Tigers 5.15pm Tae KwonDo Families 6pm Ladies Kick-Boxing 7.15pm Pilates 7pm IMAGE 7.30pm (3 rd Thurs of month)	Street Dance Wrexham Birdwatchers (Sept-Apr 1 st 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 or alternatively contact us on 01978 856650.