

# What's on at Gresford Trust?



Start time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Morning</b>			Pilates 9.30am Exercise with Baby		Pilates 9.30am	Pro-Skill Soccer 9am Pilates 9am	
<b>Afternoon</b>	Children's indoor tennis 5pm		Exercise with Baby	Tae KwonDo Tigers 4.15pm	Street Dance (infants) 4pm		
<b>Evening</b>	Zumba 6.30pm Yoga 7pm	Pilates 7.30pm	Zumba 6.30pm Pilates 7.30pm	Tae KwonDo 5.00pm / 6pm / 7pm Pilates 7pm IMAGE 7.30pm (3 <sup>rd</sup> Thurs of month)	Street Dance 5pm & 6pm Wrexham Birdwatchers (Sept-Apr 1 <sup>st</sup> Friday) 7.30pm		

**Don't forget:**

Gresford Athletic FC, Marford & Gresford Albion (under 7's to under 16's), Gresford Cricket Club (adult and youth), 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.**