

Ladies only activities in Maybury, Sheerwater and surrounding areas

ACTIVITY	DAY	TIME	VENUE	ORGANISER	CONTACT DETAILS	BOOKING REQUIRED	SESSION COST
AQUA AEROBICS	Tuesdays	6pm to 6.45pm	Eastwood Leisure Centre	Freedom Leisure	Call the Eastwood team on 01932 960994	YES	£8*
AEROBICS	Thursdays	9.30am to 10.15am	Woking Sportsbox	Freedom Leisure	Email Jackie.Waite@freedom-leisure.co.uk	YES	£2
BADMINTON	Mondays	11am to 12pm	Sheerwater Youth Centre	CSH Surrey	Call Jabeen on 01483 794889	NO	£2
BASKETBALL	Thursdays	7pm to 8pm	Eastwood Leisure Centre	Woking Tigers	Email info@wokingtigers.com	NO	£2
BEGINNERS CYCLING	Various	Various	Sheerwater Youth Centre	Shifa	Email admin@shifanetwork.org.uk	YES	FREE
BELLYFIT WORKOUT	Friday	6pm to 7pm	Eastwood Leisure Centre	Irma Iman	Text Irma on 07456 772777	NO	£5
CANAL CYCLE RIDE	Saturday	10:20am-12pm	Sheerwater Youth Centre	Shifa	Email admin@shifanetwork.org.uk	YES	FREE
CARDIO, TONING, FLEXIBILITY	Friday	9:30am-10:30am	Lakeview Community Centre GU21 3AF	SMEF/Surrey Muslim Association	Text Kawther on 07878 444855	YES	£12 for 6 sessions
CHAIR YOGA	Mondays	10am to 11am	Zoom	Shifa	Email admin@shifanetwork.org.uk	YES	FREE
CRICKET FOR BEGINNERS	Wednesdays	10am to 11am	Sheerwater Youth Centre	Woking Tigers	Email info@wokingtigers.com	NO	£2, first session free
FITNESS	Saturdays	10am to 11am	Sheerwater Youth Centre	Woking Tigers	Email info@wokingtigers.com	NO	£3
	Sundays	3pm	Eastwood Leisure Centre	SMEF/Surrey Muslim Association	Text Kawther on 07878 444855	YES	£20 for 7 sessions
GYM SESSION	Thursdays	10.30am to 11.30am	Eastwood Leisure Centre	Freedom Leisure	Call the Eastwood team on 01932 960994	NO	£5.25
SWIMMING (no public viewing)	Tuesdays	6pm to 8pm	Eastwood Leisure Centre	Freedom Leisure	Call the Eastwood team on 01932 960994	NO	£5.25*
	Wednesdays	12.15pm to 2.15pm	Eastwood Leisure Centre	Freedom Leisure	Call the Eastwood team on 01932 960994	NO	£5.25*
SWIMMING - LEARN TO SWIM	Fridays	6.30pm to 7.30pm, 7.30pm to 8.30pm	Goldsworth Primary School	Shifa	Email admin@shifanetwork.org.uk	YES	£20 for 8 sessions
WALKING	Tuesdays	1.30pm to 2.30pm	Parkview Community Centre	CSH Surrey	Call Jabeen on 01483 794889	NO	FREE
	Thursdays	1.30pm to 2.30pm	Lambourne Crescent - meet outside the Scout hut	CSH Surrey	Call Jabeen on 01483 794889	NO	FREE
YOGA	Mondays	12.45pm to 1.45pm, 1.45pm to 2.45pm	Parkview Community Centre	Shifa	Email admin@shifanetwork.org.uk	YES	£2
	Tuesdays	10.30am to 11.30am, 11.45am to 12.45pm	The Arch, Alpha Road	CSH Surrey	Call Jabeen on 01483 794889	YES	£10 per month
	Tuesdays	1pm to 2pm	Zoom	Shifa	Email admin@shifanetwork.org.uk	YES	FREE
	Wednesdays	11.45am to 12.45pm	Parkview Community Centre	CSH Surrey	Call Jabeen on 01483 794889	YES	£10 per month
ZUMBA, YOGA, and STRETCH EXERCISES	Mondays	11.45am to 12.30pm	The Arch, Alpha Road	Surrey Minority Ethnic Forum (SMEF)	Email sadaf@smef.org.uk	YES	FREE

These activities are funded or supported by **Woking Borough Council** and **Active Surrey**. For full details about any of these activities please contact the session organiser. For general enquiries please email sports.services@woking.gov.uk *Freedom Leisure members go free, concession rates available for Key Card holders