



# Active Greenspaces Hubs

## Winter Open" sessions time table.. ALL SESSIONS ARE FREE AND SUITABLE FOR ALL!!

Monday	Tuesday	Wednesday	Thursday	Friday
Health walk. 10am-12pm. Brunswick Park, Wednesbury.	Exercise and Wellbeing hub. 10am-12pm. Dartmouth park pavilion, West Bromwich.	Stay and play. 9:30-11am. Jubilee park community centre, Tipton.	Wellbeing hub. 10am-12pm Sons of rest, Brunswick Park, Wednesbury.	Health walk. 10:15-11:30am. Different location each week.
Health walk. 2-3pm. Dartmouth park, West Bromwich.		Wellbeing hub. 10am-12pm. Brickhouse community centre, Rowley Regis.	Light exercise class, 10am-11am. St Francis of Assisi church, friar park, Wednesbury.	
		Men's fitness. (BAME GROUP) 10am-12pm. CBO Centre. West Bromwich.	Stay and play. 12-1pm. West Smethwick park pavilion. Smethwick.	
		Family activities. 4-6pm. Brook Street community centre, Tipton.	Exercise and wellbeing hub. 1-2pm. West Smethwick park pavilion. Smethwick.	
Saturday				
Father and male carers, outdoor activities. 10am-12pm. Once a month. Various locations.				

Some session's are outside and subject to weather conditions for safety.

**FOR MORE INFORMATION AND TO BOOK, CONTACT**

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FOR PEOPLE TO IMPROVE THEIR LIFESTYLE | MEET NEW PEOPLE | GET HEALTHIER AND FITTER | SOCIAL SESSIONS