



All People Active

Weekly Sessions: May – Sept'19

Day	Project	Session	Venue	Time	Who for	Price	Delivered by	In Partnership with
Monday	MK Girls Can APA Ladies	Dance Fitness	Trinity Centre, Fishermead Blvd, Fishermead, MK6 2LA	5:30pm - 7pm	13 - 19 Females	Free	Amy Richardson	MK Community Foundation
Monday	APA Youth	Football Mash Up	The Meeting Place, Farmborough, Netherfield, MK6 4HS	6pm - 8pm	13-19 Mixed	Free	Troy Perry (TAP)	TAP Coaching
Tuesday	APA Youth	Football Mash Up	Sport Central MK, Elder Gate, MK9 1EN	5pm - 6pm	13-19 Mixed	Free	Tommy & James	LEAP Active Partnership
Tuesday	MK Girls Can APA Ladies	Fun Fitness 4 Women	Diasychain Family Centre, Melrose Ave, Bletchley, MK3 6PS	12:30pm - 2:30pm	16+ Women	£2	Grid City Fitness	Milton Keynes Council
Wednesday	APA Youth	Boxing Fitness	The Meeting Place, Farmborough, Netherfield, MK6 4HS	6:30pm - 8pm	13 - 19 Mixed	Free	Troy Perry (TAP)	LEAP Active Partnership
Thursday	MK Girls Can APA Ladies	Fun Fitness 4 Women	Hedgerows Family Centre, Langland Road, Netherfield,	9:30am - 11:30am	16+ Women	£2	Grid City Fitness	Milton Keynes Council
Thursday	MK Girls Can APA Ladies	Fun Fitness 4 Women	Rowans Childrens Centre, 13a Moorfoot, Fullers Slade, MK11 2BD	1:30pm - 2:30pm	16+ Women	£2	Grid City Fitness	Milton Keynes Council
Thursday	MK Girls Can APA Ladies	Female Football Mash Up	Leon Leisure Centre, Fern Grove, Bletchley, MK2 3HQ	9pm - 10pm	16+ Women	£2	Troy Perry (TAP)	MK Community Foundation
Friday	APA Youth	Football Mash Up	Sport Central MK, Elder Gate, MK9 1EN	7pm - 8pm	13 - 19 Mixed	Free	Tommy & James	LEAP Active Partnership
Saturday	APA Families	ParkLives	Alphabet Park, Farthing Grove, Netherfield, MK6 4JH	12pm - 2pm	8+ & Families	Free	Troy Perry (TAP)	StreetGames / MK Council



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