



# Spelthorne Parkies Support Group

## Dates for the Diary!

For further information about the Group, please contact Jason Lane on 07793 351208 or email [spelthorneparkies@outlook.com](mailto:spelthorneparkies@outlook.com)

Apr-25				
Day	Date	Activity	Time	Location
Wednesday	02-Apr	Pilates (Chaired based) with Michelle**	13:00 -13:45	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Thursday	03-Apr	Parkies Pub Gathering	18:00 -19:30	Hazel Wood Centre, Hazelwood Drive, TW16 6QU (London Irish Club)
Friday	04-Apr	Fitness Session (With Michelle)	19:00 - 20:00	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Saturday	05-Apr	Move to Music	14:00 - 15:00	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Tuesday	08-Apr	Fitness Session (With Rory)	11:30 - 12:00	The Thames Club, Wheatsheaf Lane, Staines TW18 2PD
Wednesday	09-Apr	Pilates (Chaired based) with Michelle**	13:00 -13:45	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Thursday	10-Apr	CHARITY SPINATHON	08:00 - 20:00	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Wednesday	16-Apr	Pilates (Chaired based) with Michelle** <b>CANCELLED</b>	<b>CANCELLED</b>	<b>CANCELLED</b>
Saturday	19-Apr	Parkies Coffee Morning	11:00 - 12:30	Notcutts Café Garden Centre, Staines Road, Laleham, TW18 2SF
Tuesday	22-Apr	Fitness Session (With Rory)	11:30 - 12:00	The Thames Club, Wheatsheaf Lane, Staines TW18 2PD
Wednesday	23-Apr	Pilates (Chaired based) with Michelle**	13:00 -13:45	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Monday	28-Apr	SpeedFlex Fitness Session with Anna**	13:00 - 13:30	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Wednesday	30-Apr	Pilates (Chaired based) with Michelle**	13:00 -13:45	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ



# Spelthorne Parkies Support Group

## May-25

Day	Date	Activity	Time	Location
Friday	02-May	Fitness Session (With Michelle)	19:00 - 20:00	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Tuesday	06-May	Fitness Session (With Rory)	11:30 - 12:00	The Thames Club, Wheatsheaf Lane, Staines TW18 2PD
Wednesday	07-May	Pilates (Chaired based) with Michelle**	13:00 -13:45	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Thursday	08-May	Parkies Pub Gathering	18:00 -19:30	Hazel Wood Centre, Hazelwood Drive, TW16 6QU (London Irish Club)
Saturday	10-May	Move to Music	14:00 - 15:00	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Wednesday	14-May	Pilates (Chaired based) with Michelle**	13:00 -13:45	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Friday	16-May	Fitness Session (With Michelle)	19:00 - 20:00	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Saturday	17-May	Parkies Coffee Morning	11:00 - 12:30	Notcutts Café Garden Centre, Staines Road, Laleham, TW18 2SF
Tuesday	20-May	Fitness Session (With Rory)	11:30 - 12:00	The Thames Club, Wheatsheaf Lane, Staines TW18 2PD
Wednesday	21-May	Pilates (Chaired based) with Michelle**	13:00 -13:45	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Monday	26 May (Bank Holiday)	SpeedFlex Fitness Session with Anna**	13:00 - 13:30	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Wednesday	28-May	Pilates (Chaired based) with Michelle**	13:00 -13:45	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Friday	30-May	Fitness Session (With Michelle)	19:00 - 20:00	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ



# Spelthorne Parkies Support Group

## Jun-25

Day	Date	Activity	Time	Location
Tuesday	03-Jun	Fitness Session (With Rory)	11:30 - 12:00	The Thames Club, Wheatsheaf Lane, Staines TW18 2PD
Wednesday	04-Jun	Pilates (Chaired based) with Michelle**	13:00 -13:45	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Thursday	05-Jun	Parkies Pub Gathering	18:00 -19:30	Hazel Wood Centre, Hazelwood Drive, TW16 6QU (London Irish Club)
Saturday	07-Jun	Move to Music	14:00 - 15:00	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Wednesday	11-Jun	Pilates (Chaired based) with Michelle**	13:00 -13:45	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Friday	13-Jun	Fitness Session (With Michelle)	19:00 - 20:00	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Tuesday	17-Jun	Fitness Session (With Rory)	11:30 - 12:00	The Thames Club, Wheatsheaf Lane, Staines TW18 2PD
Wednesday	18-Jun	Pilates (Chaired based) with Michelle**	13:00 -13:45	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Saturday	21-Jun	Parkies Coffee Morning	11:00 - 12:30	Notcutts Café Garden Centre, Staines Road, Laleham, TW18 2SF
Monday	23-Jun	SpeedFlex Fitness Session with Anna**	13:00 - 13:30	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Wednesday	25-Jun	Pilates (Chaired based) with Michelle**	13:00 -13:45	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Friday	27-Jun	Fitness Session (With Michelle)	19:00 - 20:00	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ

**\*\* A small entrance fee may be applicable at Reception of the Eclipse Leisure Centre  
Speedflex Session has limited places available (Max 10)**