

What's on at Gresford Trust?



Start time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	Playgroup	Toddlers Gresford Craft Group 9.30am	Playgroup Zumba 9.10am Seated exercise 10.00am Exercise with Baby 10.15am / 11.15am	Playgroup Boogie Beat 9.30am MS Pilates 11.30am	Playgroup Stained Glass Class 9am Gresford Art Group 10am	Pro-Skill Soccer 9am Pilates 9.30am	
Afternoon	KT Sports from 1.40pm Rossett Art Group 1pm		St Margaret's Indoor Bowls 1pm Exercise with Baby 1pm Dodgeball 4.30pm	Gresford Retirement Group 2pm Tae KwonDo Tigers 4.15pm	Street Dance (infants) 3.45pm		
Evening	KT Sports from 5.40pm Zumba 6.30pm Yoga 7pm	Adult Hoola Fit 6.30pm Chess Club 7pm (Sept-Apr) Gresford Craft Group 7.30pm Pilates 7.30pm	Pilates 5.45pm Legs, Bums and Tums 7pm Gresford WI 7pm (1 st week) Wrexham Quilting Circle 7pm (2 nd week) Meditation 7pm (4 th week) N Wales Wildlife Trust 7.30pm (Nov-Apr)	Tae KwonDo 5.00pm / 6pm Pure Stretch 5.00pm IMAGE 7.30pm (3 rd Thurs of month) Carpet Bowls 7.45pm (Sept-Apr)	Street Dance 4.30pm & 5.30pm Wrexham Birdwatchers (Sept- Apr 1 st 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 or alternatively contact us on 01978 856650.