



Clifton Village activities in August

NOTE: The hall is not in use during the Daytime for the 1st two weeks of August due to hall works and redecoration.

Mon. Aug. 3rd - **Councillor Rule's Surgery** - village hall 7.30 – 9.00pm

Fri. Aug. 28th - **Coffee Morning**, St. Mary's Church 10 am – 12 noon

The following activities take place on a weekly basis in the village hall

Mondays: **Dancin' Motions**, 4pm - 6.30 - 3rd only, as normal from w/b 17th

Tuesdays: **Hippy Hoppers**, 10.00 am – 11.00 from week beginning 17th

Move it or Loose it - 12.45 – 1.45 pm from w/b 17th

Karate 4.45pm start for 1st group to 8pm

Wednesdays: **Pilates** 9.30 -10.30 + pelvic floor ex. 10.30 - only from w/b 17th

Dancin' Motions, 4pm – 5.45pm only from w/b 17th

Adult Dancing 6.00 – 8.00 pm

Thursdays: **Rainbows** 4.30pm – 5.30pm, Age 4 & 3/4 to 7 years - **Not August**

Brownies 5.45pm - 7.15 pm Age 7-10 yrs - **Not August**

Guides and Rangers 7.45 pm – 9.15 pm Ages 10-14 & 14-18 not

Not in August

Fridays: **Pilates** 9.30am -10.30pm - **Not on 3rd and 10th**

Boho Yoga and relaxation No Yoga in August

Sundays: **WSJ Church** 9.30 – 12.30

'Heavenly Feast' church 4pm – 6 pm

Notts. Dawn Christadelphians 6.00 – 7.30 pm, 3rd Sunday only