



**B U D E H A V E N**  
Community Leisure  
Fitness for all

# weekly activities

For more information on any of the activities displayed here please phone:

**01288 353714**

	activity	times
monday	NDDG Youth Gymnastics	4.30 - 7.30
	Zumba	7.30 - 8.30
	Bude Badminton Club	7.00 - 9.00
	Tae Kwon-Do	6.00 - 8.00
	Bude Concert Orchestra	7.15 - 9.15
tuesday	NDDG Youth Gymnastics	4.00 - 8.00
	Hour Of Power Workout	7.00 - 8.00
	Meta Fit	6.00 - 6.30
	Roller Skating	5.00 - 7.00
	Rowing	5.30 - 8.30
	Youth & Adult Football Training	Various Times
wednesday	NDDG Youth Gymnastics	4.00 - 8.00
	Slimming World	5.00 - 9.00
	Tennis Coaching	5.00 - 8.00
	Bude Hockey Club + Youth Training	7.30 - 9.00
	Youth & Adult Football Training	Various Times
thursday	Bude RATS Running Club	5.30 - 6.30
	Tae Kwon-Do	5.30 - 7.30
	Bude Netball Youth & Adult Club	5.00 - 10.00
	Piloxing Workout	6.30 - 7.30
	Budehaven Table Tennis Club	7.00 - 9.00
	Youth & Adult Football Training	Various Times
friday	Bude Beats Dance Crew	4.00 - 6.00
	Tennis Coaching	4.00 - 7.00
	Rowing	5.30 - 7.30
saturday	CJ's Dance	9.00am - 2.00pm
	Plymouth Argyle Mini-Football Centre	10.00am - 11.00am
	Birthday Parties	12.00 - 5.00
	Model Airplane Flying Club	1.00 - 3.00
	Youth Tennis Coaching	9.00am - 1.00pm
sunday	Rugby Tots	9.30am - 10.30am
	Tumble Tots	10.00am - 12.00
	Birthday Parties	12.00 - 4.00