



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
<p>monday</p> <ul style="list-style-type: none"> • NDDG Youth Gymnastics • Clubercise Fitness Class • Tae-Kwondo • Bude Badminton Club • Bude Concert Orchestra • Scooter and Skateboarding • Rowing • Youth Tennis Coaching • Yoga 	<ul style="list-style-type: none"> 4-7pm 7-8pm 5.30-8pm 7.30-9pm 7.15-9.15pm 5-6pm Various Times Various Times 7-8pm
<p>tuesday</p> <ul style="list-style-type: none"> • NDDG Youth Gymnastics • Hour of Power Fitness Class • Youth Roller Skating • Model Airplane Flying Club • Rowing • Fencing 	<ul style="list-style-type: none"> 4-8pm 7-8pm 4.30 - 7pm 8-10pm Various Times Various Times
<p>wednesday</p> <ul style="list-style-type: none"> • NDDG Youth Gymnastics • Slimming World • Tennis Coaching • Youth Tennis Coaching • Bude Youth Hockey • Rowing 	<ul style="list-style-type: none"> 4-8pm 5-9pm Various Times Various Times 6.30-8pm Various Times
<p>thursday</p> <ul style="list-style-type: none"> • Bude Youth Rats • Bude Youth/Adult Netball Training • Budehaven Table Tennis • Hour of Power Fitness Class • Tae-Kwondo • Rowing • Bude Vets Football Training 	<ul style="list-style-type: none"> 5-6pm 5-10pm 7-9pm 6.30-7.30pm 5.30-7.30pm Various Times 6-7pm
<p>friday</p> <ul style="list-style-type: none"> • Bude Beats Dance Crew • Youth Tennis Coaching • Adult Roller Skating • Bude Cricket Club 	<ul style="list-style-type: none"> 4-6pm Various Times 7-9pm 7-9pm
<p>saturday</p> <ul style="list-style-type: none"> • Tennis Coaching • Model Airplane Flying Club • Birthday Parties • Total Theatre School • Mens/Ladies Hockey Matches 	<ul style="list-style-type: none"> Various Times 1-3pm Various Times 2-5pm Various Times
<p>sunday</p> <ul style="list-style-type: none"> • Youth Basketball Coaching • Birthday Parties • Oceans Church Group • Roller Skating Birthday Parties • Bouncy Castle Tots • Walking Basketball for over 55's. 	<ul style="list-style-type: none"> 11-12noon Various Times 3-5pm Various Times 10-12noon 4-5pm