



Okehampton

Ockment Centre	<p>Okehampton Community Dance Project – Friday afternoons ages 3 – 18 okedanceproject@hotmail.com</p> <ul style="list-style-type: none">. Pilates – Mondays 9:00am till 11:15am.. Footsteps under 5’s Jumping Beans – Mondays 9:45am till 10:15am. Footsteps Preschool Dance 3 – 5 year olds – Mondays 10:30am till 11:00am.. Tuesday – Yoga with Angela 4:00pm till 5:30pm..Tuesday – Footsteps 4:00pm till 9:00pm.. Tuesday – Pilates with Lynn 6:00pm till 7:00pm..Wednesday – Get Changed Theatre 10:00am till 4:00pm.Thursday – Footsteps 4:00pm till 8:30pm..Thursday - Hatha Yoga with Eve 7:00pm till 8:00pm..Friday – 50+ Dance Class 9:30am till 10:30am.
Okehampton Table Tennis Club	<ul style="list-style-type: none">.Wednesday – U18 3:30pm – 5:30pm. Tuesdays 10am-1pm (open session). Wednesdays 2pm-3.30pm (open session). Wednesdays 6.30pm-10pm Club night (open session).Thursday – Footsteps various classes 4:00pm – 8:45pm.
Fairplace Church	<ul style="list-style-type: none">.Monday – Footsteps various classes 4:00pm – 8:30pm..Tuesday - Footsteps various classes 4:00pm till 9:00pm..Wednesday – Footsteps various classes 4:00pm till 8:30pm..Thursday – Footsteps various classes 4:00pm till 9:15pm..Friday - Footsteps various classes 6:30pm till 8:15pm.Wednesday – Tai Chi 1:15pm till 2:30pm.
Charter Hall	<ul style="list-style-type: none">.Wednesdays, Mondays and Thursdays - Clubbersize 6:30pm till 8:30pm..Friday – Ballroom and Latin American Dance Class 6:30pm till 7:30pm..Tuesday - Wren Music 6:30pm till 9:15pm..Mondays – Seated Yoga, Various Times.
Adventure Okehampton	<ul style="list-style-type: none">.Orienteering.Archery.Bush craft.Climbing.Kayaking

Other	.Pegasus Outdoor Adventures – all ages. .Wellbeing Walks Ramblers – Tuesday mornings short walks, Wednesday mornings longer walks. .Wellmoor Strength and Balance classes – Ages 65 and over.
North Tawton	
Town Hall	Tuesdays Tip Tap Toes dance school Ballet- 4.00pm till 6.45pm. Pilates – 10.45pm Wednesday Pilates – 7.00pm till 8.00pm. Monday Badminton Club – 7.30pm till 9.30pm
Bowling Club	Mondays Flat Green Lawn Bowls – Mid April to end of December – 6.00pm till 8.00pm. Short Mat Bowls league – Bowling club pavilion from October to March – Every afternoon and evening.
Football Club AFC	Youth Football Club Ages 6 to 16 every Saturday from 10.00am till 12.00pm.
North Tawton Rugby Club	Rugby Club RFC Rugby league games for men, women and children. Mondays Zumba Fitness – 6.30pm till 7.15pm CIRCL Mobility – 7.15pm till 8.00pm
Other	Walk and Talk – Last Saturday of the month – 10.30am
Bridestowe	<u>Village Hall</u> Mondays -Fitness Class – 18:45 – 19:45 -Ellodie Stott School For Dance Thursdays -Yoga – 18:30 Wednesdays -Beavers, Cubs and Scouts – Term time. Cricket Club

<p>Hatherleigh</p>	<p>Community Centre Mondays -Badminton – 19:00 – 21:00</p> <p>-Adult Dance Fit – 17:30 – 18:15</p> <p>Tuesdays -Yoga – 17:30 – 19:00</p> <p>-Table Tennis Club – 19:30 – 21:30</p> <p>Thursdays -Pilates – 10:00 – 11:00</p> <p>-Aerobics – 18:30 – 19:30</p> <p>Fridays -Tai Chi – 10:30 – 12:00 noon</p> <p>Saturday -Korean Martial Arts - 11:00 – 12:00 noon.</p> <p>The Old Schools Tuesdays -Elodie Stott School For Dance</p>
<p>Belstone</p>	<p>Village Hall Mondays -Yoga – 18:45</p> <p>Wednesday -Yoga – 11:00</p> <p>Thursday -Yoga – 18:45</p> <p>Friday -Pilates – 9:54</p>
<p>Lydford</p>	<p>The Nicholls Hall Wednesday -Ballroom Dance Classes – 19:30 – 21:30</p> <p>Friday -Table Tennis Club – 13:30 – 16:00</p>
<p>Mortenhampstead</p>	<p>Sports Centre Monday -Pilates – 15:00 – 16:00</p> <p>-Fitness Blast – 18:30 – 19:15</p> <p>-Tennis Club – 16:00 – 21:00</p>



	<p>Tuesdays</p> <ul style="list-style-type: none">-Indoor Bowls – 10:00 – 12:00-Living Movement Tai Chi – 10:30 – 12:00 noon.-Adele’s Pilates – 18:25 – 19:25 <p>Wednesday</p> <ul style="list-style-type: none">-Martial Arts 4 Fun – 17:00 – 20:00 <p>Thursday</p> <ul style="list-style-type: none">-Flexercise – 10:30 – 11:30-Tennis Club – 18:00 – 21:00-Fitness Blast – 18:45 – 19:30 <p>Friday</p> <ul style="list-style-type: none">-Tip Tap Toes – 17:00 – 19:00 <p>Saturday</p> <ul style="list-style-type: none">-Junior Football – 9:00 – 11:00-Tip Tap Toes – 10:00 – 12:00
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