

DATE	TIME	ACTIVITIES
Mon 23 <sup>rd</sup> July	10-4pm	<b>Day 1: Bike Project:</b> learn how to build a bike from scratch, yours to keep on completion. Light lunch provided
	10-4pm	<b>Day 1: T-shirt Printing Project</b> Print your own customised T-shirts. Light lunch provided
	6-7pm	<b>Gym and fitness Session:</b> calisthenics, body weight training to improve body strength, body fitness, and flexibility.
Tues 24 <sup>th</sup> July	10-4pm	<b>Day 2: Bike Project</b>
	10-4pm	<b>Day 2: T-shirt Printing Project</b>
Wed 25 <sup>th</sup> July	10-4pm	<b>Day 3: Bike Project:</b> Police marking your bike, proficiency and take your bike home.
	6-7pm	<b>Gym and fitness Session:</b> calisthenics, body weight training to improve body strength, body fitness, and flexibility.
Thurs 26 <sup>th</sup> July		<b>CLOSED</b>
Fri 27 <sup>th</sup> July	12-4pm	<b>Family Summer Party:</b> at Edward Woods Community Centre, 60-70 Norland Road W11 4TX
Mon 30 <sup>th</sup> July	10-4pm	<b>Day 1: Art Project</b> let's get creative, learn about colour and form and work towards displaying your work at the Masbro for all to admire
	2-4pm	<b>Girls and Young Women's Fitness Session:</b> body weight training to improve body strength, body fitness, and flexibility.
	6-7pm	<b>Gym and Fitness Session:</b> calisthenics, body weight training to improve body strength, body fitness, and flexibility.
Tue 31 <sup>st</sup> July	10-4pm	<b>Day 2: Art Project</b>
	2-4pm	<b>Girls and Young Women's Fitness Session:</b> calisthenics, body weight training to improve body strength, body fitness, and flexibility.
Wed 1 <sup>st</sup> Aug	10-4pm	<b>Day 2: Art Project</b>
	2-4pm	<b>Girls and Young Women's Fitness Session:</b> body weight training to improve body strength, body fitness, and flexibility.
	6-7pm	<b>Gym and Fitness Session:</b> calisthenics, body weight training to improve body strength, body fitness, and flexibility.
Thurs 2 <sup>nd</sup> Aug		<b>CLOSED</b>
Fri 3 <sup>rd</sup> Aug	6-9pm	<b>Masbro Youth Club Open:</b> activities include football, cooking, PlayStation, table tennis, arts and craft. New activities include <b>Scariofunk street dance</b> and <b>Microphone technique</b>
	6-7pm	<b>Gym and Fitness Session:</b> calisthenics, body weight training to improve body strength, body fitness, and flexibility.

DATE	TIME	ACTIVITIES
Mon 6 <sup>th</sup> Aug	9-5pm	<b>Day 1: Snow Camp:</b> Try something new, learn to ski and snowboard on real snow.
Tues 7 <sup>th</sup> Aug	9-5pm	<b>Day 2: Snow Camp:</b> Try something new, learn to ski and snowboard on real snow.
Wed 8 <sup>th</sup> Aug - Fri 10 <sup>th</sup> Aug		<b>Residential</b> <b>3-day residential to Hindleap Warren:</b> Challenge yourselves at the outdoor activity centre in the Ashdown Forest, activities include abseiling, canoeing, high ropes and much more. Cost of <b>£30</b> per person.  <b>Departing early from the Masbro Centre on Wednesday.</b> <b>Arriving back at the Masbro Centre on Friday. approx 8pm</b>

DATE	TIME	ACTIVITIES
Mon 13 <sup>th</sup> Aug	6-9pm	<b>Masbro Youth Club Open:</b> activities include cooking, PlayStation, table tennis, arts and craft plus a <b>5-a-side Football Tournament</b>
	6-7pm	<b>Gym and Fitness Session:</b> calisthenics, body weight training to improve body strength, body fitness, and flexibility
Tues 14 <sup>th</sup> Aug	6-9pm	<b>Masbro Youth Club Open:</b> activities include cooking, PlayStation, table tennis, arts and craft plus a <b>5-a-side Football Tournament</b>
Wed 15 <sup>th</sup> Aug	6-9pm	<b>Masbro Youth Club Open:</b> activities include cooking, PlayStation, table tennis, arts and craft plus a <b>5-a-side Football Tournament</b>
	6-7pm	<b>Gym and Fitness Session:</b> calisthenics, body weight training to improve body strength, body fitness, and flexibility.
Thurs 16 <sup>th</sup> Aug		<b>CLOSED</b>
Fri 17 <sup>th</sup> Aug	9-8pm	<b>Thorpe Park Day Trip:</b> Cost of <b>£10</b> per person Departing from the Masbro Centre at 9am. Arriving back at the Masbro Centre, <b>approx 8pm.</b>