JUST TURN UP ACTIVITIES

• Get Fitter • Have Fun
• Low Cost Sessions

ACTIVITY	WHERE	WHO	DAY	TIME	COST
Badminton	Bedford International Athletic Stadium, Barkers Lane, Bedford MK41 9SB (Open session no coach present)	Ladies only	Thursdays	11:00-12:00	**£2.00**
Football	Just Play Football - John Bunyan Sports & Fitness, Mile Road, Bedford	Men 16yrs+	Mondays	20:30-21:30	**£3.00**
	Walking Football - Gordon Fields Pitches, Brickhill Drive, Bedford MK41 7QZ (Park off Brickhill Drive)	Women 18yrs+ Only astro boots or trainers please	Starts Sunday 15th September	10:30-11:30	**£4.00**
	Walking Football (indoors) - John Bunyan Sports & Fitness, Mile Road, Bedford	Mixed adults	Tuesdays	10:30-11:30	**£4.00**
Netball	Walking Netball - John Bunyan Sports & Fitness, Mile Road, Bedford	Ladies 16yrs+	Thursdays	18:30-19:30	**£4.00**
	Walking Netball - John Bunyan Sports & Fitness, Mile Road, Bedford	Ladies 16yrs+	Mondays	10:00-11:00	**£4.00**
	Beginners Walking Netball Bedford International Athletics track (indoors)	Ladies 16yrs+	Tuesdays from 3rd September	10:00-11:00	**£4.00**

For more information on Just Turn Up sessions in your area:

www.bedford.gov.uk/justturnup **01234 718823** **sport@bedford.gov.uk**
Twitter: @youjustturnup **Facebook: bedfordsportsdevelopment**

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