**What’s on at Bridport Youth and Community Centre**

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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **Music Studio**  Bookable sound studio. Call Harry on 422500  **Harmony**  10am – 2pm  Mental Health  Drop-In Centre  Call Joanne Seward 07597 379290  **Boxercise**  3pm-4.30pm  Age 16+  A fun way to get fit!  For all abilities  No need to book  £2 per session  Call Lewis  on 07500 993164  **B-Sharp**  6.30pm – 8.00pm  Music Sessions / Jams  Age 11-25  Call Matt on  07955 551986  **Bandits Motor Project**  7pm-9pm  Motors and grass-track racing.  Age 11 + Call Martin on  07888 680789 | **Music Studio**  Bookable sound studio. Call Harry on 422500  **Fizzy Boppers**  10am – 11am  High Energy Dance  0-5 Years  Call Kim on  07479 982945  **Moving On**  10.30am-1.30pm  Social group for  adults with mental  health issues -  Just drop in.  **Indoor Football**  1pm-2.30pm  Age 16+  Fun for any level  No need to book  £2 per session  Call Lewis on 07500 993164  **Bridport Amateur Boxing Club**  7pm-9.30pm  Age 9+  Call Alan on  01308 425108 | **Music Studio**  Bookable sound studio. Call Harry on 422500  **Harmony**  10am – 2pm  Mental Health  Drop-In Centre  Call Joanne Seward  07597 379290  **Aerial Silks**  12pm – 1pm &  4pm – 5pm  Build core strength and learn a thrilling circus skill. Suitable for all. Other sessions available. Call Charlie  on 07958 480551  **Youth Club**  7pm-9.30pm  Open access activities for young people aged 9-15. | **Music Studio**  Bookablesound studio. Call Harry on 422500  **Jelly Bean**  **Toddler Group**  9.15am-11.30am Baby and Toddler play. No need to book – just turn up!  **Bandits Motor Project**  7pm-9pm  Motors and grass-track racing. Age 11+ Call Martin on  0788 868 0789  **Bridport Amateur Boxing Club**  7pm-9.30pm  Age 9+  Call Alan on  01308 425108 | **Music Studio**  Bookable sound studio. Call Harry on 422500  **Friday Coffee Pot**  **Community Café**  10am – 12pm  Come for coffee, cake  and a friendly chat.  Everything just 50p!  All welcome!  **Yoga**  10.30 - 11.30  For all abilities!  No need to book  £2 per session  **Harmony**  10am – 2pm  Mental Health  Drop-In Centre  Call Joanne Seward  07597 379290  **Badminton**  Dorset Mental Health Forum  2pm-3pm  Contact Dave Privitt  07788 312844  **Youth Club**  7pm-9.30pm  Open access activities for young people  aged 11-19. | **Available for private hire** | **Music Studio**  Bookable sound studio. Call Harry on 422500  **Bridport Amateur Boxing Club**  10.30am-12pm  Age 9+  Call Alan on 01308 425108  **Taikwondo**  1.30 – 2.30  Call Steve on  07787 447838  **Bridport Musical Theatre**  5pm-7pm, Age 14+, £1,  call Lauren on 01308 427091 |
| Find us on Facebook and Twitter! For more information, please call Sarah (Centre Manager) on 01308 422500 or email bridportycc@gmail.com | | | | | | |