

Active Wrexham - Virtual Delivery



| Day | Activity | Time | Location/ Links |
|-----------|---|-------------------|---|
| Monday | PE Fitness with Ady Jones | 10:30-11am | Meeting ID: 867 2116 0454 Passcode: 905913 |
| Monday | Superhero HITT workout with Laura | 1-2pm | Youtube https://youtu.be/w1Hon-lW-uD |
| Monday | Introduction to Taekwondo | 4.30-5pm | Meeting ID: 864 9476 0129 Passcode: 991025 |
| Tuesday | Street Dance with Vicky from Urban Fusion | 4-5pm | Meeting ID: 982 8188 7614 Passcode: 858766 |
| Wednesday | PE Fitness with Ady Jones | 10:30-11am | Meeting ID: 867 2116 0454 Passcode: 905913 |
| Wednesday | Cricket with Chance to Shine | 2-2.45pm | https://www.youtube.com/watch?v=Cfrj4y-Z7g&feature=youtu.be |
| Wednesday | Yoga with Eve | 4-5pm | Meeting ID: 977 7590 5917 Passcode: 718997 |
| Wednesday | Street Dance with Udolt Dance Foundation | 3.30pm— 4:30pm | https://en-gb.facebook.com/udoltdancefoundation/ |
| Thursday | Gymnastics Mobility with Abbey Road Gymnastics Club | 3pm | Video Link posted to Active Wrexham Social Media |
| Thursday | Football Skills with The RCF | 11am | Video Link posted to Active Wrexham Social Media |
| Friday | PE Fitness with Ady Jones | 10:30-11am | Meeting ID: 867 2116 0454 Passcode: 905913 |

