

[Back to listing](#)

**Themes:** Advocacy,

**Aimed at:** All People

The Lound Village Hall activities

Monday: Tai Chi 10.00 - 11.00 am. either in the Village Hall or on the playing field. £5.00 per session.

Keep fit circuit training, 6.30 - 7.30 pm, £5.00

Tuesday: Yoga 11.00 - 12.00 am. a private club, six weeks only.

Table tennis 2.00 - 4.00 pm a private club but will accept new local members. £5.00 per session.

Phoenix ladies group third Tuesday of the month, has speakers and socials. 7.30 - 9.00 pm. £4.00 per session

Parish Council meetings for Lound and for Torworth on other Tuesday evenings. 8.00 pm start.

Wednesday: Post office in the afternoon.

Tai Chi 7.00 - 8.00pm £5.00

Thursday: Flexercise fitness 9.30 - 10.30 am £5.00

For more information contact Brian Horne on 01777818231 or email [bryhrn@aol.com](mailto:bryhrn@aol.com)

**Area:** Bassetlaw

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[Back to Listing](#)