

*Be one of the BEST! Be Thakeham!*

Issue  
10

# Newsletter

14/02/25



HAPPY

HALF TERM

EVERYONE

# At Thakeham we CARE



A lovely photo of one of our delightful Beatles Class getting stuck into some Chinese food in celebration of Chinese New Year! Look at those chopsticks skills! 😊



## Welcome

What a fantastic start to the first half of the Spring term we have had!

The children have been involved in various workshops, local trips and inter-school tasters and tournaments as well as Forest School for many. The School Council have been busy baking cookies to raise money for Save the Children and FoTS held a donut sale.

We are still in need of the following items so if you have any at home in good condition that need a new home, we would be very grateful! 😊

Die cast toy cars and other vehicles, skipping ropes, tennis balls, Bats and balls (complete sets), Lego, Duplo, Wellies, any outside play equipment, scooters and tricycles.

There are many local activities and camps planned over half term so please check out all the information at the end of the Newsletter. Please note that **Monday 24<sup>th</sup> February is an Inset Day** so we look forward to welcoming you back on **Tuesday 25<sup>th</sup> February**.

Have a fantastic half term break,

Best wishes from the Thakeham Family.



If there has been any change to when you gave consent for the school to administer school kept medicine, please notify the school office as soon as possible. Many thanks.

# At Thakeham we CARE



## Attendance

Thank you for your support in helping our pupils to see the value in each and every day at school. We track attendance because only a little missed can have a huge long-term impact on a child's progress.

**Our target is 97%.**

Current attendance percentages for this academic year to date are:

Beatles Class: **97%**

Wonder Class: **95%**

Marley Class: **95%**

Franklin Class: **95%**

Well done everyone!





## Awards this Fortnight

This year, we have moved away from using the Super Learning Hero Awards because they do not match our new school systems and values. The children helped us choose the new awards. They decided to base them on our 3Rs (Ready, Respectful, Responsible). The pupils who achieve an Honours Award will be invited to a special Awards Ceremony in the summer term.

This fortnights' weekly awards go to the following pupils:

Ready to Learn Award	Respect Award	Responsible Award	Headteacher Award	Honours Award
Daisy (Beatles) Thomas B (Beatles) Ruben W (Wonder) Sophie (Marley) Elliott (Franklin) Freddie (Franklin)	RJ (Wonder)	Stanley (Marley)		



# At Thakeham we CARE

## Inclusion Newsletter

Happy half term!

I hope you have a lovely half term together with your families. Spring 1 term is always challenging with the cold weather and dark mornings. Hopefully when we return we will start to see some signs of Spring on the way.

As always, please feel free to email me at [senco@thakehamps.co.uk](mailto:senco@thakehamps.co.uk) if you would like to arrange a meeting or discuss any queries or questions you have.

May I also signpost you to the West Sussex local offer website, [www.westsussex.gov.uk/local-offer/](http://www.westsussex.gov.uk/local-offer/) which has services and support for families too.

Kind regards, Mrs Stender

*Local Offer*

[About SEND and local offer](#) [Information](#) [Services](#)



[Menu](#)

[Local Offer home](#) >

# Support for young people with SEND

Local Offer West Sussex helps parent carers and their children aged 0 to 25 years who have special educational needs or disabilities (SEND) find information and services.

Services

Headteacher: Mr Will McDonald  
Deputy Headteacher: Mrs Emma Hopkins  
SENCO: Mrs Bex Stender  
Operations Manager: Mrs Georgina Ritchie

Thakeham Primary School  
[www.thakehamps.co.uk](http://www.thakehamps.co.uk)  
[office@thakehamps.co.uk](mailto:office@thakehamps.co.uk)  
01903 740 176

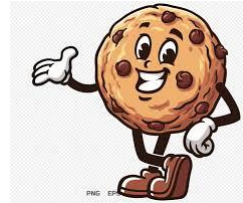
# At Thakeham we CARE

## School Life

### YR 1/2 Multigames Taster Visit

A group of children from Wonder class tried out a number of different games against other locality schools, hosted by SGS at Steyning Leisure Centre. They were all very well behaved and had a great time!





## School Life

### School Council Charity Cookie Sale

Our School Council worked hard baking cookies all week to sell in school and raised an impressive £77.10 for their chosen charity – Save the Children. Well done to all involved!





# At Thakeham we CARE

## School Life

### YR6 Community Award – Rotary Lunch

A group of YR6 children helped serve lunch to elderly local residents as part of their Community Award achievement.



# At Thakeham we CARE

## School Life

## Skip2BFit Workshop



Headteacher: Mr Will McDonald  
Deputy Headteacher: Mrs Emma Hopkins  
SENCO: Mrs Bex Stender  
Operations Manager: Mrs Georgina Ritchie

Thakeham Primary School  
[www.thakehamps.co.uk](http://www.thakehamps.co.uk)  
[office@thakehamps.co.uk](mailto:office@thakehamps.co.uk)  
01903 740 176

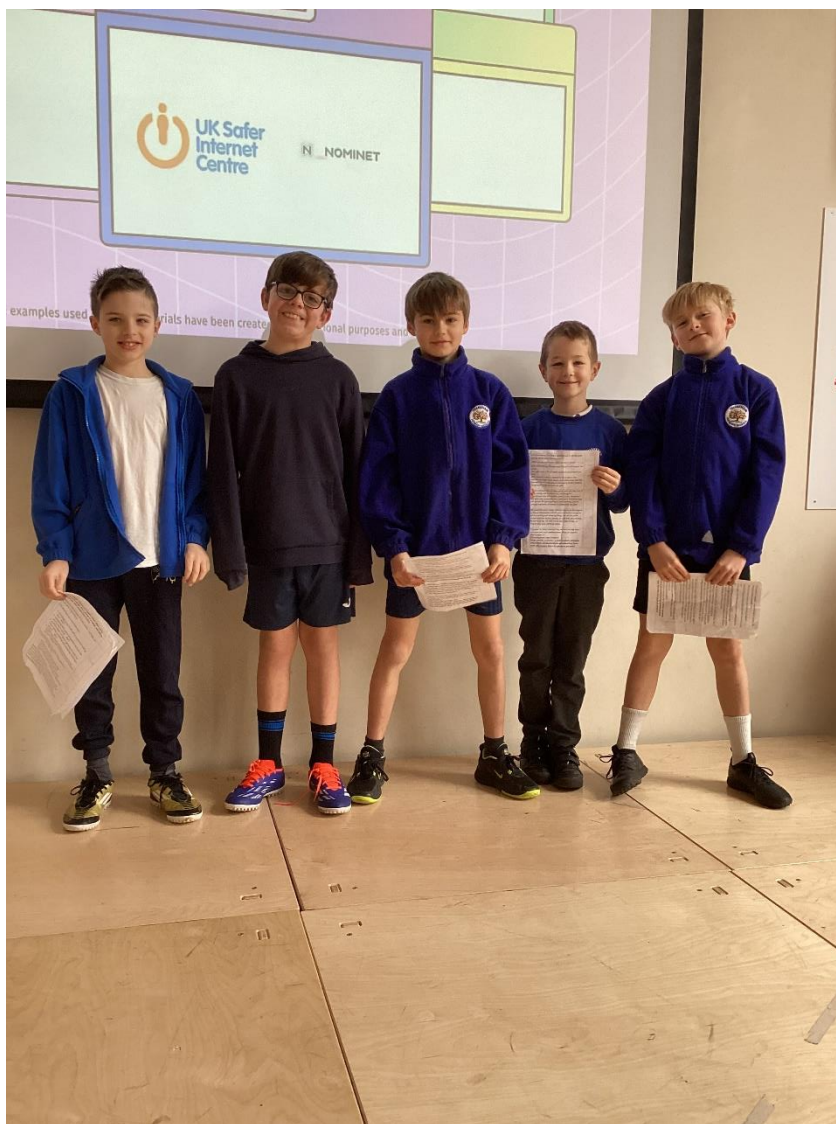


# At Thakeham we CARE

## School Life



## Our Digital Leaders presenting on Safer Internet Day Assembly



# At Thakeham we CARE

## Dates for Your Diary

**17<sup>th</sup>-21<sup>st</sup> February – Half Term**

**24<sup>th</sup> February – Inset Day**

**25<sup>th</sup> February – start of Spring Term 2**

**27<sup>th</sup> February – Pupil Consultations Evening 1 (all classes)**

**5<sup>th</sup> March – Class Photos**

**6<sup>th</sup> March – World Book Day**

**6<sup>th</sup> March – Pupil Consultations Evening (exc. Beatles class)**

**21<sup>st</sup> March – March Music Festival (info to follow nearer the time)**

**4<sup>th</sup> April – end of Spring term**

**7<sup>th</sup>-21<sup>st</sup> April – Spring break**

**22<sup>nd</sup> April – Start of Summer term 1**

**5<sup>th</sup> May – Bank Holiday**

**26<sup>th</sup>-30<sup>th</sup> May – half term**

**2<sup>nd</sup> June – Start of Summer term 2**

**18<sup>th</sup> July – last day of term**

**21<sup>st</sup> July – Inset Day**

**22<sup>nd</sup> July – Inset Day**

**23<sup>rd</sup> July – 1<sup>st</sup> Sept – Summer holidays**





The menu is set against a vibrant pink background decorated with several colorful Easter eggs in shades of yellow, white, tan, purple, and pink. At the top center, a white silhouette of a rabbit is leaping over the word 'EASTER'.

# EASTER TREATS

Thursday 3<sup>rd</sup> April 2025

## MAINS

Beef Burger  
Chilli No Carne  
Jacket Potato & Beans

## SIDES

Spring Vegetables  
Seasonal Salad

## DESSERT

Lemon Easter Cupcake

Order via [ParentPay](#) no later than  
Thursday 20<sup>th</sup> March 2025



*Please Note: Special diets will remain in place.*

# At Steyning Leisure Centre



★★★★★  
"OMG! This was absolutely amazing!"  
"You have to experience this!"  
"I can't rate this experience more highly"



# ACTIVE REALITY

FAMILY FRIENDLY  
GAMING EXPERIENCES

EPIC ESPORTS  
BATTLES

VIRTUAL REALITY  
BIRTHDAY PARTIES

USE CODE

## 25FEBSCHOOL

FOR 25% OFF THIS HALF TERM

[www.active-reality.com](http://www.active-reality.com)



Find out more and book



## [www.active-reality.com](http://www.active-reality.com)

The future of active leisure



Our experiences are suitable for age 9 and above.

6 players in the same game, larger groups can be accommodated.

For more information visit our website or call the team on

0333 339 1881

## Windlesham House School Holiday Camp

# Pied Piper Activities

*holiday camps at Windlesham House*

Embark on an exciting journey with Pied Piper multi-activity camps, the ultimate experience for children aged 4 to 12 during their Easter and Summer holidays!

Providing fantastic OFSTED registered childcare with over 60 different activities for children to take part in, you will have complete peace of mind knowing that your children are not only having a great time but are safe and cared for too.

Our camps are safe, friendly, and secure, ensuring your child's adventure unfolds in a nurturing environment. Our handpicked staff are carefully selected for their fun-loving, caring, enthusiastic and committed nature and their ability to deliver the Pied Piper difference throughout your child's week at camp.

Join Pied Piper at Windlesham House School, where joy knows no bounds, and every moment is a chance to create wonderful childhood memories that last a lifetime!



BOOK NOW  
ONLINE



Scan me to book!



Creating wonderful  
childhood memories...

Contact us:

E: [teamyellow@piedpiperactivities.co.uk](mailto:teamyellow@piedpiperactivities.co.uk)

W: [piedpiperactivities.co.uk](http://piedpiperactivities.co.uk)

Follow us on:

@PiedPiperActivitiesLtd

piedpiperactivities



# BARRACUDAS

ACTIVITY DAY CAMPS

HIGHLY RATED School Holiday camps!!!



AT A SCHOOL NEAR YOU IN **2025!**  
EXCLUSIVE PARENT DISCOUNT

USE CODE **SCHOOL20** FOR AN EXTRA £20 OFF YOUR BOOKING!

\*Minimum 2 days. \*Not to be used in conjunction with other offer codes

- ⦿ 4½ to 14 year olds!
- ⦿ 80+ Activities!
- ⦿ Choice each session!
- ⦿ Specialist Courses!
- ⦿ Flexible bookings!



OFSTED REGISTERED



[barracudas.co.uk](http://barracudas.co.uk)  
01480 467 567

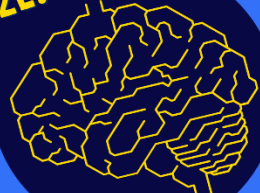


## BARRACUDAS

ACTIVITY DAY CAMPS

**DRAW SOMETHING THAT MAKES YOU HAPPY!**

### MIND MAZE!



### ASK A FRIEND?

HAD A GOOD DAY?  What did this say?

WHAT DO YOU LOVE?  What did this say?

WHAT MAKES YOU HAPPY?  What did this say?

WHAT MAKES YOU SAD?  What did this say?



SCAN ME!  
to see more info about our camps!

### DID YOU KNOW...

- Your brain is like a supercomputer - it sends messages faster than a race car!
- Your brain never sleeps! Even when you're dreaming, it's busy making memories and learning.
- Music makes your brain happy! Listening to your favourite songs can help improve your mood.
- Your brain loves energy! It uses about 20% of your body's energy, even though it's small!
- Your brain controls laughter! When you giggle at a joke, your brain is working super fast!

How many emojis can you see?

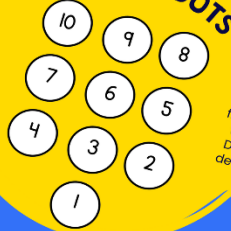
### FUN FACT

Researchers believe there are 27 or even more, emotions. What emotion are you feeling right now?

### HEY!

I'm BILLY BARRACUDA! Remember, you're strong, brave, and never alone! Keep shining bright!

### MINDFUL DOTS



### BREATHING

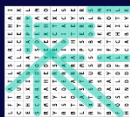
Place your finger on the 10, take a deep breath and slowly release it. Move your finger to the 9 and continue to slowly count down to 1. Don't forget to take a slow deep breath with each dot.

### WORD SEARCH



- HAPPY
- SMILE
- EXCITED
- RELAX
- CALM
- FRUSTRATED
- SAD
- BREATHE
- SCARED
- ANNOYED

### ANSWERS



Visit [barracudas.co.uk](http://barracudas.co.uk) or call 01480 467 567

Count the Emojis = 19





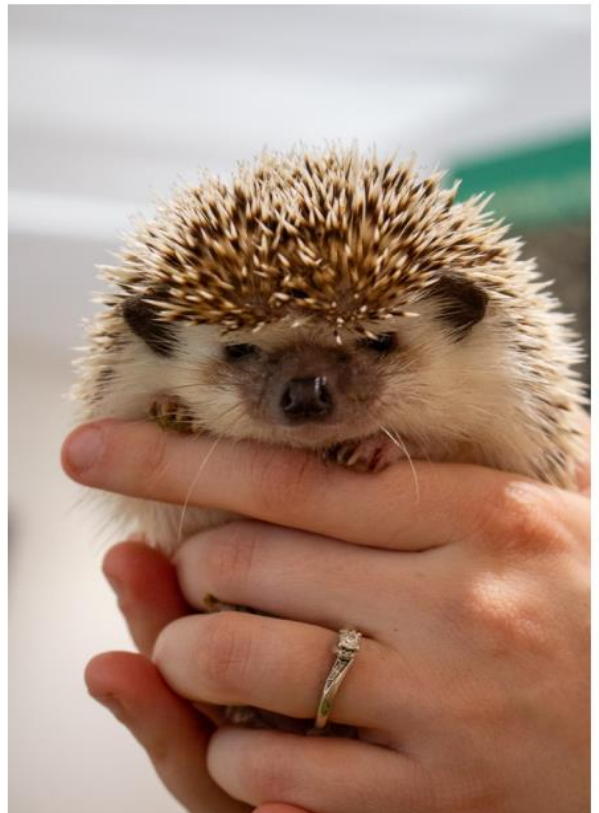
## February half term

February half term is delivered with love at Sky Park Farm, delicious family food, elegant evening dining with a special Valentine Menu and hours of fun for the children.

Deer are at the heart of what we do, but we have so much more to share. This half term we're bringing nature inside - observe an owl, hang out with a hedgehog, ogle a toad and handle a snake with Wild About Britain or track badgers, go behind the scenes with the Rangers, toast s'mores and build dens at Ranger School. Experiment with supersonic science, dance and sing with Suzie Songtime and immerse yourself in the world of Trainmaster UK. If the term has taken its toll and a recharge is needed then book a seat at our movie screenings with popcorn and a drink, we offer a relaxed, family-friendly viewing experience.

Sky Park deer will be grazing in their paddocks throughout half term, feed them by hand and observe the various species in close-proximity. February is the last month to admire full sets of antlers before they are cast in March. The Farm's Adventure Playground will be open for explorers to climb, swing and slide until their heart's content.

Breakfast, brunch and lunch are available seven days a week with a 'Little Fawns' menu available everyday and a Bottomless Brunch from Monday – Saturday every week.





**4 CFC - Girls Elite Academy Horsham**  
**Physical, Technical, Psychological &  
Social development in Football**



**4 CORNER  
FOOTBALL  
COACHING**



**4 CFC - Girls Elite Academy Training**

**5-14 years old welcome**

**Trail Date - Wednesday 19th February**

**Venue - Horsham Rugby Club 4G Pitch - RH13 6PJ**

**5.00-6.00pm**

**BOOK NOW - [www.4cfc.co.uk](http://www.4cfc.co.uk)**

**Email - [info@4cfc.co.uk](mailto:info@4cfc.co.uk)**

**CHILDCARE  
VOUCHERS  
ACCEPTED**



**Ofsted**  
Registered



**4 CORNER  
FOOTBALL  
COACHING**



**BOOK YOUR  
FREE  
Taster!**

**Sussex Youth Theatre**  
TRAINING IN THE ARTS

**DRAMA CLASSES**  
**PULBOROUGH Village Hall**

**Tuesdays 5.30 - 7.30pm**  
**Ages 6 - 18**

Contact Mitch Now on 07788 497 779  
[www.SussexYouthTheatre.co.uk](http://www.SussexYouthTheatre.co.uk)

"Isobel became more confident and made some great friends with SYT. I can't put into words how much she benefitted from all that was on offer."



**FEBRUARY  
HALF-TERM**

**PREMIER  
HOLIDAY  
CAMPS**

**INSPIRING  
ACTIVITY**

Premier Education

**SCAN HERE FOR  
MORE INFORMATION**  
or visit [premier-education.com/holiday-camps](http://premier-education.com/holiday-camps)

Trustpilot  
★★★★★  
Based on over 20,000 reviews

**THERE'S  
NO PLACE  
LIKE home!** 15 - 23 FEBRUARY



Join us this February half term to celebrate houses and homes

Have a go at hands on activities and follow the house hunting trail around our 40 acres site.



Weald & Downland Living Museum  
Singleton | Chichester | PO18 0EU

Find out more at [wealddown.co.uk](http://wealddown.co.uk)  
01243 811363

**YOUR NEAREST HOLIDAY CAMPS**

Arun	Crawley	Horsham	Worthing
Bamham Primary School PO22 0HW	Hilltop Primary School RH11 8QL	Billingshurst Primary School RH14 9RE	West Park CE Primary School BN12 4HD

**PLEASE BRING**  
A packed lunch  
Plenty of water  
Suitable clothing  
Loads of energy!

Mix it up this half-term with our multi-activity holiday camps!

These camps are a perfect blend of activities for all ages, combining different sports with a variety of team games.

Every day is different, with a mix of fun activities that children may not have tried before - from roller skating to fencing, lacrosse to cheer.

**Book now** for a half-term full of fun!

**CAMPS ARE BETTER WITH FRIENDS!**



**TREAT YOUR FRIENDS TO 20% OFF...AND GET 20% OFF TOO!**

\*20% apply. Excl. a friend discount on new bookings only.

Trustpilot  
★★★★★  
Based on over 20,000 reviews



Please note, due to the sensitivity of our discussions, we ask that you attend without your child/young person.

# Parenting Peer Support Drop-ins Winter/Spring Timetable

**Come and join us in:**



**If you are a parent or carer to a child or young person who needs some support with their mental health, you may not know where to start and may need some support of your own.**

**We at West Sussex Mind know how vital it is for people to talk and share their experiences, so we have started Peer Support drop-ins across the county, where you can meet our Parenting Team and other parents who can provide some much needed empathy and understanding.**

## **The Parenting Support Service at West Sussex Mind has a lot to offer:**

- Peer Support Groups- both during the day (in person) and in the evening (on-line)
- Monthly 'Expert by Experience' Guest Speaker Zoom evening sessions, covering topics such as Self-Harm, EBSA, Autism and mental health, Masking and more...
- 1:1 sessions with a Peer Support Worker
- Closed Facebook group; regular newsletters and access to training, e-learning and webinars (on the West Sussex Mind website).
- 5 week Parenting Mental Health Course

### **Worthing**

The Gateway, 8-10 Durrington Lane, Worthing, BN13 2QG

13:00 - 14:00

- Tues 18th Feb
- Tues 18th March

### **Bognor Regis**

Arun West Family Hub, Laburnum Grove, Bognor Regis PO22 9HT

11:00-12:00

- Thurs 13th Feb
- Thurs 13th March

### **Crawley**

Bewbush Family Centre, Dorsten Square, Crawley RH11 8XW

10.00-11.00

- Tues 11th Feb

### **Horsham**

i-Rock, Hurst Cafe, Hurst Road, Horsham RH12 2DN

13.00- 14.00

- Tues 4th Feb
- Tues 4th March

### **Lancing**

Lancing Parish Hall, South Street, Lancing BN15 8AJ

13.30-14.30

- Wed 5th Feb
- Wed 5th March

**Please feel free to drop-in where we can chat and get you registered with the service.**

**Or to register yourself, please call our Help Point Monday to Friday, 10am until 4pm on 0300 303 5652 or email [helppoint@westsussexmind.org](mailto:helppoint@westsussexmind.org)**





Lancing Prep Worthing  
A Lancing College Preparatory School

# ASPIRE SCHOOL

Saturday 8 March 2025  
9am-12pm  
Lancing Prep Worthing  
Free to attend

Unlock your child's potential with a fun-filled day of learning! Our Aspire Saturday School offers engaging English activities, exciting music-making sessions, and interactive Maths games. Aimed at children in Year 5, this is a wonderful opportunity to boost skills while having fun!



Broadwater Road, Worthing,  
West Sussex BN14 8HU  
T 01903 201123 E [worthing@lancing.org.uk](mailto:worthing@lancing.org.uk)

To book a place, please complete the form by 24 February.  
Visit <https://www.lancingcollege.co.uk/prep-worthing/news-events>  
or [BOOK HERE](#)



FARLINGTON  
School

## YEAR 7

PLACES AVAILABLE FOR  
2025 & 2026 ENTRY

*"The positivity of Farlington  
has transformed my child's  
confidence in just a few weeks"*

Year 7 Parent

### OPEN MORNINGS

Saturday 1st March 2025  
Saturday 10th May 2025

VISIT [FARLINGTONSCHOOL.COM](http://FARLINGTONSCHOOL.COM)  
OR SCAN THE QR CODE TO BOOK

[admissions@farlingtonschool.com](mailto:admissions@farlingtonschool.com)  
01403 282573



[arena.westsussex.gov.uk](http://arena.westsussex.gov.uk)



## Our Lady of Sion School Senior School Open Day

Tuesday 11th March  
Tuesday 18th March

11:00am-12:30pm  
Or  
2:00pm-3:30pm

The journey to unlocking  
your child's excellence begins at Sion

To sign up,  
scan the QR code



## Our Lady of Sion [sionschool.org.uk](http://sionschool.org.uk)

Worthing, West Sussex  
Co-educational  
3-18 years  
Nursery  
Juniors  
Seniors  
Sixth Form



"This is the happiest we have  
seen our son in a very long  
time." parent 2025

"Coming to Sion has  
made the biggest impact  
on my life in the most  
amazing ways. I am so  
grateful." Senior student 2025



## Happy Birthday Library!

Join us to celebrate 100 years of West Sussex  
Libraries with birthday themed stories and crafts!



Friday 21 February  
10.30-11.30am

Suitable for children aged 4+ years

Booking essential - please speak with staff to reserve a place.  
Parents and carers must remain with their child during this activity.



Storrington Library  
Ryecroft Lane, RH20 4PA  
01903 839050  
[storrington.library@westsussex.gov.uk](mailto:storrington.library@westsussex.gov.uk)



# THAKEHAM SEND

## PARENT/CARER SUPPORT GROUP

At Thakeham Village Hall

Friday 7th March  
7.30-8.30pm

Come and chat with parents and carers on a similar journey. Parents and carers of local villages welcome.

For further details, please contact: [hrthakehamsendgroup@gmail.com](mailto:hrthakehamsendgroup@gmail.com)



**NEW**

West Sussex  
**mind**

**FREE**

# PARENTING MENTAL HEALTH COURSE

A 5 WEEK COURSE FOR PARENTS AND CARERS TO GAIN KNOWLEDGE AND UNDERSTANDING AROUND SUPPORTING CHILDREN & YOUNG PEOPLE'S MENTAL HEALTH, OFFERING A SAFE SPACE TO REFLECT AND FIND PEER SUPPORT.

TOPICS INCLUDE SELF-ESTEEM, ANXIETY & EMOTIONS, COMMUNICATION AND MORE!

## WORTHING - 24TH APRIL - 5TH JUNE (WEEKLY)

10AM-12NOON  
8 -10 DURRINGTON LN, WORTHING BN13 2QG

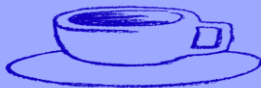
## CRAWLEY - 19TH JUNE - 17TH JULY (WEEKLY)

12:30-14:30  
BEWBUSH CHILDREN & FAMILY CENTRE, DORSTEN SQUARE, CRAWLEY RH11 8XW

## BOGNOR REGIS - 18TH SEP - 16TH OCT (WEEKLY)

10AM-12NOON  
ARUN WEST FAMILY HUB,  
LABURNUM GROVE, BOGNOR REGIS PO22 9HT

REFRESHMENTS PROVIDED!



**TO SECURE YOUR PLACE OR FOR MORE INFORMATION, PLEASE EMAIL:**

**PARENTINGSUPPORT@WESTSUSSEXMIND.ORG**

# SPORTXPLORE SOCCER CAMPS!!

COME AND JOIN THE FUN THIS FEBRUARY HALF TERM. PLAY LOTS GAMES, MATCHES AND TAKE PART IN COMPETITIONS!

SEE ALL THE DETAILS BELOW:

## WHAT DO WE DO?

- ✔ SKILLS & BALL TECHNIQUES
- ✔ FUN GAMES
- ✔ MATCHES AND COMPETITIONS
- ✔ HAVE LOTS OF FUN!



## FEBRUARY HALF TERM CAMP

- 17TH, 18TH AND 19TH OF FEBRUARY
- 4-12 YEARS OLD
- 09:45 - 15:00
- £20 A DAY
- £55 FOR ALL THREE!

ST MARY'S COFE AIDED PRIMARY SCHOOL  
LINK LANE, PULBOROUGH, WEST SUSSEX, RH20 2AN.

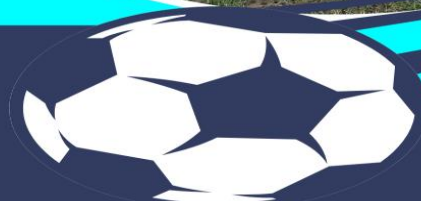
BOOK NOW  
[WWW.SPORTXPLORE.ORG/BOOK](http://WWW.SPORTXPLORE.ORG/BOOK)

MORE INFORMATION

0330 043 5422

[INFO@SPORTXPLORE.ORG](mailto:INFO@SPORTXPLORE.ORG)

[\[f\]SPORTXPLORELT](https://www.facebook.com/sportxplore)



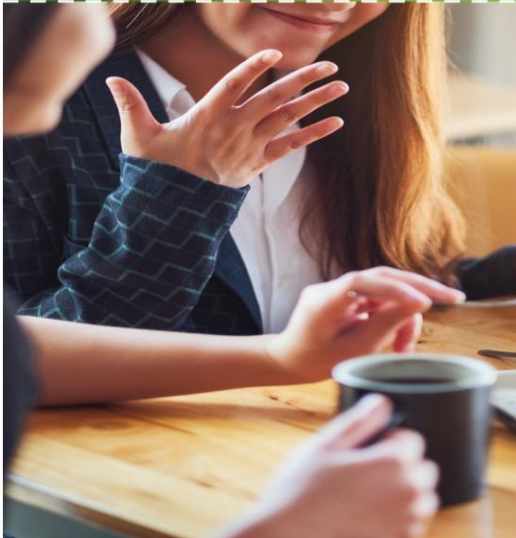


# Journey

A support group for  
Parents and Carers of  
Autistic and SEN Children

Come along this month to any of our sessions and meet with other parents on a similar journey to you.

No diagnosis required, no pressure, just a free cuppa and a chat.



## Ashington

ashington.wardens@horsham.gov.uk

Friday 17 Jan 10am - 11am  
Friday 14 Feb | 10am - 11am  
Friday 14 Mar | 10am - 11am

Ashington Church, Church Lane, RH20 3JX

## Pulborough

Pulborough.wardens@horsham.gov.uk

Thursday 16 Jan | 10:00 am 11:00am  
Thursday 13 Feb | 10:00 am 11:00am  
Thursday 13 Mar | 10:00 am 11:00am

Pulborough Library, Brooks Way, off Lower Street. RH20 2BP

## Storrington & Sullington

Storrington-Sullingtonwardens@horsham.gov.uk

Tuesday 21 Jan | 10am - 11am  
Tuesday 18 Feb | 10am - 11am  
Tuesday 18 Mar | 10am - 11am

Storrington Library, (North Street) Car Park. 6 North Street Storrington. RH20 4NZ

## Southwater

Southwater.wardens@horsham.gov.uk

Thursday 23 Jan | 10:30am - 11:30am  
Thursday 20 Feb | 10:30am - 11:30am  
Thursday 20 Mar | 10:30am - 11:30am

Beeson House, 26 Lintot Square, Fairbank Road Southwater. RH13 9LA

## Billingshurst

billingshurstwardens@horsham.gov.uk

Monday 13 Jan | 9.00am - 10.30am

The Depot, 83a High Street, Billingshurst  
\*further dates to follow



**FREE**

## MULTI SPORTS FOR AUTISTIC & SEN CHILDREN

### WEDNESDAY 4PM - 5:30PM

### 26TH FEB - 26TH MARCH

**DROP IN SESSION, COME AND HAVE A GO!  
PARENTS ARE REQUIRED TO SUPERVISE**

**AT CHANCTONBURY LEISURE CENTRE, SPIERBRIDGE ROAD  
STORRINGTON-SULLINGTONWARDENS@HORSHAM.GOV.UK**



**NEW VENUE**

# Pilates course



**Wednesdays 6:15 to 7:10pm**  
**Thakeham Primary School**  
**8th January to 12th February**  
**2025**  
**6 weeks £47.50**



[www.efitnessstudio.co.uk](http://www.efitnessstudio.co.uk)

EFitness Group Exercise



## **HIIT** **CLASS**

**WEDNESDAYS 6:30 - 7:15PM**

**£8 / SESSION - 1ST SESSION 50% OFF**

**Thakeham Primary School**

**BOOK NOW**

**Text Emma: 07508 960 230**

All abilities welcome

## **Strength and Motion Fitness Classes**

Thakeham Village Hall

**Mondays**

Yoga 1245-1355

Gentle Weights 1400-1455

Relaxation 1500-1530

**Tuesdays**

Yogalates 1030-1130

**Thursdays**

Pilates 0920-1015

Pilates 1020-1115 (term time only)

**Fridays**

Yoga 700-800

Thakeham Primary School

**Mondays**

Yogalates 1800-1900

Laurie Apted Building Southwater

**Fridays**

Pilates 1100-1200

For more details contact Sarah

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