

Women and girls only sessions

Provider	Activity	Day	Time	Location	Age	Ability	Price	Contact & Website
All Dance Fitness	Ballet for Adult	Monday	19:15-20:15	Freston Hall Freston Gardens Cockfosters London EN4 9LX	16+	All	See the website	Michelle D'Almo alldancefitness@hotmail.co.uk All Dance Fitness alldancefitness.com
	Ballet for Adult	Tuesday	18:15-19:15	Online Please email alldancefitness@hotmail.co.uk	16+	All	See the website	
	Ballet for Adult	Wednesday	20:15-21:15	Freston Hall Freston Gardens Cockfosters London EN4 9LX	16+	All	See the website	
	Tap	Monday	19:15-20:15	Freston Hall Freston Gardens Cockfosters London EN4 9LX	16+	All	See the website	

All Dance Fitness	Pilates Fusion	Tuesday	10:30-11:30	Online Please email alldancefitness@hotmail.co.uk	16+	All	See the Website	Michelle D'Almo alldancefitness@hotmail.co.uk All Dance Fitness alldancefitness.com
	Pilates Fusion	Tuesday	20:30-21:30	Online Please email alldancefitness@hotmail.co.uk	16+	All	See the Website	
	Pilates Fusion	Friday	10:30-11:30	Freston Hall Freston Gardens Cockfosters London EN4 9LX	16+	All	See the Website	
	Pilates Fusion	Saturday	19:45-10:45	Online Please email alldancefitness@hotmail.co.uk	16+		See the Website	
	Dance Fitness	Tuesday	9:30-10:30	Online Please email alldancefitness@hotmail.co.uk	16+		See the Website	

All Dance Fitness	Dance Fitness	Wednesday	19:15	Freston Hall Freston Gardens Cockfosters London EN4 9LX	16+	All	See the Website	Michelle D'Almo alldancefitness@hotmail.co.uk All Dance Fitness alldancefitness.com
	Dance Fitness	Friday	9:30-10:30	Freston Hall Freston Gardens Cockfosters London EN4 9LX	16+	All	See the Website	
Barnet Nightingales FC	Football	See the Website	See the Website	Holly Park School N11 3HG	U16 U14 U13 U10	All	See the Website	https://barnetnightingalesfc.co.uk/
Barnet Panthers FC	Football	Monday	Different sessions between 6pm and 9pm	St James School, Colindale, NW9 5NZ (entrance opposite RAF Museum)	U10 thru U15	All	See the Website	enquiries@barnetpanthers.com http://barnetpanthers.com
BAWA Women only, Asian group	Chair Based exercise	Tuesday	11:30-12:30	Friern Barnet Park community centre N11 3DS (all happens there)	60+	All	N/A annual membership	Neena Patel Nila Patel neenais@gmail.com
	Yoga	Thursday	11:30-12:30		60+	All		
	Meditation & chair based	Friday	11:30-12:30		60+	All		
	Walking group	TBC	TBC		60+	All		

Be Lifted Now	Running Club	Thursday	9:30-10:30	Cricklewood Coffee Roasters 15 Claremont Way NW2 1AJ	All	All	Free	Jenny McCall beliftednow@gmail.com
	Fitness	Saturday	15:00-15:45	Tarling Rd Community Centre N2 8LG	Junior	All		
BETTER	Tennis	Monday	9:30-10:30	Burnt Oak Leisure Centre 99 Watling Avenue Edgware HA8 0UB	16+	All	£2 FAB registered, £0 for members, £4 no members	Anna Stevens Anna.stevens@gll.org
	Fitness Class	Tuesday	9:45-10:45		16+	All	£2 FAB registered	
	Walking Netball	Tuesday	14:00-15:00		65+	All	£2 FAB registered	Anna Stevens Anna.stevens@gll.org
	Football	Wednesday	18:00-19:00		8 to 12 years old	All	£0	Petrit Krasniqi petrit.krasniqi@gll.org
	Gym	Friday	18:30-20:00	Burnt Oak Leisure Centre 99 Watling Avenue Edgware HA8 0UB	16+	All	£2 FAB registered	BurntOak@GLL.ORG

BEETTER	Swimming	Monday	11:45-12:45 12:45-1:45	Barnet Copthall Leisure Centre Champions Way NW4 1PX	16+	All	See the website	Copthall @GLL.ORG
	Water workout	Tuesday	11:00-12:00		16+	All	See the website	
	Pre & post-natal water workout	Thursday	12:00-13:00		16+	All	See the website	
	Swimming	Thursday	19:30-21:30		16+	All	See the website	
	Swimming	Thursday	18:00-21:00	Finchley Lido Leisure Centre High Rd N12 0GL			See the website	Finchleylido@gll.org
	Zumba	Wednesday	9:00-9:45	Hendon Leisure Centre Marble Drive NW2 1XQ	16+	All	See the website	Hendon@gll.org
	Swimming Lessons	Wednesday		New Barnet Leisure Centre 1 Lawton Rd EN4 9BS	16+	All		NewBarnet@gll.org
Breeze Cycling	Cycling	Various Day See the website	Various Time See the website	Rides in various locations, please enter postcode in the search area.	Girls and 16+	All	N/A	Let's Ride - Breeze Barnet (letsride.co.uk) Create an account and join the Breeze Barnet group, participants will be sent an email when a ride leader setup a ride in the area.
		Various Day	Various Time See the website	Rides in various locations, please enter	Girls and 16+	All All	N/A	

Breeze Cycling	Cycling	See the website		postcode in the search area.				Let's Ride - Homepage (letsride.co.uk) The platform also has 'search ride near you' using local postcode. Participants can also message ride leaders directly to join rides or for any questions.
Colindale Community Trust (CCT)	Fitness class	Monday	19:00-20:00	The Old Library The Concourse Grahame Park NW9 5XA	All ages Girls under 16 need	All	N/A	Jan Brennan 0208 200 3014 bernnan@cct.gmail.com
		Wednesday	19:00-20:00	Graham Park Community Centre The Concourse Grahame Park NW9 5XA	to be with an adult			
Dancing with Louise	MOUVE it! (Zumba)	Monday	20:30-21:00	Mill Hill East Church Salcombe Gardens NW7 2NT	16+	All	Fees: see the website	Louise Leach 07506217833 info@dancingwithlouise.com
	MOUVEit! (Zumba)	Tuesday	9:30-10:30	Free Church Hall Northway NW11 6PB	16+	All		www.makeamouve.com/adults

	Lyrical Jazz	Tuesday	19:10-19:55	St Mary's and St John's CE School Bennett House Sunningfields Rd NW4 4JU	16+	All		
	Ballet	Wednesday	19:10-19:55	St Mary's and St John's CE School Bennett House Sunningfields Rd NW4 4JU			Fee: See the	Louise Leach 07506217833
	MOUVE it! (Zumba)	Wednesday	20:00-21:00	Sunningfields Rd NW4 4JU	16+	All	Contact or website	info@dancingwithlouise.com www.makeamouve.com/adults
	MOUVE it! (Zumba)	Friday	9:30-10:30	Free Church Hall Northway NW11 6PB	16+	All		
	MOUVE it! (Zumba)	Sunday	10:00-11:00	St Mary's and St John's CE School Bennett House Sunningfields Rd NW4 4JU	16+	All		
	MOUVEit! (Zumba) Zoom	See the Website	See the Website	Please see the website www.makeamouve.com/adults	16+	All		
East Finchley Girls Football	Football	Sunday	9:30-10:15	Coldfall School Coldfall Avenue Muswell Hill N10 1HS	Reception	All	Fee: See the website	Eastfinchleygirls.football@gmail.com

East Finchley Girls Football Club	Football	Thursday	6:00-7:00	Christ's College East End Rd N2 0SE	Year 10 to 13	All		http://efgirls.co.uk/ www.efwfc.co.uk
	Football	Sunday	11:00-12:00	Christ's College East End Rd N2 0SE	Year 4 to 9	All		
	Football for all ages	See the contact or website	See the contact or website	See the contact	16+	All		Eastfinchleywomensfootball@gmail.com efwfc.com
England Netball	Back to netball	Tuesday	18:30-19:30	Archer Academy N2 0GA	16+	All	Ask to the contact	Sophie Johnson 07872 407 213 isophiejohnson@englandnetball.co.uk
	Netball now	Tuesday	19:30-20:30	Archer Academy N2 0GA	16+	All		
	Back to Netball	Wednesd ay	18:00-19:00	East Barnet School EN4 8PU	16+	All		
Finchley Rugby Football Club	Rugby- Football	See the Website	See the website	Summers Lane N12 0PD	Adults U18 U16 U14 U12 All ages up to 10 mixed	All	Fee: See the website	0208 445 3746 FINCHLEY RUGBY CLUB (pitchero.com)

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Gunnersbury Women's Cricket Club	Cricket	Tuesday	18:30-20:00	Old Elizabethans Memorial Playing Fields Mays Ln EN5 2AG	12+	All	Fee: See the website	gunnswcc@hotmail.com Training Gunnersbury WCC (gunnswcc.com)
LHM Health & Fitness	Fitness Pilates	Monday	19:45-20:30	All Saints' School Hall Oakleigh Road North N20 9EZ	16+	All	£10.00	tina@lhmhealthfitness.co.uk 07862290047
LHM Health & Fitness	Fitness Pilates Strength and Tone	Saturday	9:30-10:00	All Saints Church Hall Oakleigh Road North N20 9EZ	16+	All	£9.00	https://www.lhmhealthfitness.co.uk/fitness-classes
Lymore Gardens	Football	Saturday	10:00-11:00	St Martin Primary School N2 9JP	8 to 15 years old	All	£6.50 per hour	girls@lymoregardensfc.com
	Recreational Netball League	Wednesday	19:00-20:00	Archer Academy N2 8GA	18+	All	£84 per 12 weeks	netball@lymoregardensfc.com
	Casual cycling sessions	Saturday	See the website	Meet at Martin Primary School N2 9JP	18+	All	Fee: See the contact	Lymore Ladies Cycling Club Cycle Together
New Citizen Gateway	Yoga	Friday	11:00-12:00	Sacred Heart Church 2 Flower Lane NW7 2JB	16+	All	N/A	Tanya 77914920880 tanya.novic@btinternet.com

Salcom Garden Church	Zumba	Monday	20:30-21:30	Mill Hill East Salcom Garden Church NW7 2NT	16+	All	Fee: See the contact	Mark Bliss 020 8906 1773 office@mhechurch.com
Saracens Foundation	Cheer & Dance	Wednesday	17:30-18:45 Beginners	Stone X Stadium Greenlands Lane NW4 1RL	6 to 16 years old	Beginner	Fee: see the contact	Jessica Smith JessicaSmith@saracens.net
	Cheer & Dance	Wednesday	18:45-20:00 Advanced	Stone X Stadium Greenlands Lane NW4 1RL	6 to 16 years old	Advanced	Fee: see the contact	
	Love to Dance	Monday	10:00-12:00	Stone X Stadium Greenlands Lane NW4 1RL	55+	All		Jessica Smith JessicaSmith@saracens.net
	Love to Dance	Tuesday	10:00-12:00	Underhill Church Elton Lane EN5 2EA	55+	All	Fee: see the contact	
	Love to Dance	Wednesday	10:00-12:00	St Johns Parish Long Lane N2 8JW	55+	All	Fee: see the contact	
	Love to Dance	Friday	13:00-14:00	Lyons down Hall 3 Lyons Down Rd New Barnet EN5 1JB	55+	All	Fee: see the contact	
	Love to Fitness	Wednesday	13:00-14:30	One Stonegrove 5 Hayling Way Edgware HA8 8BN	55+	All	Fee: See the contact	

	Love to Fitness	Friday	13:00-14:30	Stone X Stadium Greenlands Lane NW4 1RL	55+	All	Fee: See the contact	
SBWA	Pilates	Monday	13:00-14:00	Tarling Road Community Centre N2 8LG	16+	All	Fee: See the contact	Sulaikha sulaikha@sbwa.org.uk
Yoga Sister UK	Hatha yoga	Tuesday (term time)	18:30-19:30	St Stephens Hall Bells Hill in Barnet EN5 2SL	16+	All	Fee: See the contact	Karina Randall 07412 509101 yogasistersuk@gmail.com Yogasisters Yoga & Pregnancy yoga & postnatal Barnet Karina Randall 07412 509101 yogasistersuk@gmail.com Yogasisters Yoga & Pregnancy yoga & postnatal Barnet
	Mother and baby postnatal yoga	Wednesday and Friday (term Time)	10:30-11:30		16+	All	or the website	
	Hatha yoga	Thursday	20:30-21:30		16+	All	Fee: See the contact	
	Move and feel better	Friday	9:30-10:30		50+	All	or see the website	
Youth realities	Dance	Friday	16:30-18:30	Unitas Youth Zone HA8 0DT	12 to 25 years old	All	Fee: See the contact	0209165709 www.youthrealities.co.U