

HUB TIMETABLE

Health & Wellbeing

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

EXTRA TIME HUB

🕒 10:00 - 12:00
📍 STFC Health Hub



SEN ASPIRATIONS

🕒 10:00 - 11:00
📍 STFC Health Hub



EXTRA TIME HUB

🕒 10:00 - 12:00
📍 STFC Health Hub



WALKING FOOTBALL

🕒 10:30 - 11:30
📍 3G Pitch



WALK & TALK

🕒 10:00 - 12:00
📍 Damstrong Gym



MILITARY HUB

🕒 13:00 - 15:00
📍 STFC Health Hub



WALKING FOOTBALL

🕒 20:00 - 21:00
📍 3G Pitch



WALKING FOOTBALL

🕒 19:30 - 20:30
📍 Ludlow FC



FOUNDATION
The Club's Official Charity

SESSION BREAKDOWN

EXTRA TIME HUB



The Extra Time Hub is a social group, an activity group and a support system for retired or semi-retired people across Shropshire.

MILITARY HUB



The Military Hub is a social group, an activity group and a support system for anyone in our community who is connected to the Armed Forces.

SEN ASPIRATIONS



A low impact, low intensity workout that will tone your muscles, increase your range of motion and flexibility and help you to relieve stress, including controlled bodyweight exercises with the aim to connect the mind, body and breath.

WALKING FOOTBALL



Our Walking Football sessions run as part of our Extra Time Hubs, and are a great way to keep active and enjoy the beautiful game.

WALK & TALK



Get out and about with our Health and Wellbeing Team, as we visit areas around scenic Shropshire for some fresh air and a wellness walk.

