


Find out more about DSEngage and access all our extra downloadable activities at downs-syndrome.org.uk/dsengage

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Weekly Workout</p> <p>4.00 - 4.45pm</p>   <p>bit.ly/DSEngageWeeklyWorkout</p>	 <p>4pm Disco 4.00 - 5.00pm</p>  <p>bit.ly/DSEngage4pmDisco</p> <p>OR</p> <p>Evening Disco 7.00 - 8.00pm</p>  <p>bit.ly/DSEngageEveningDisco</p>	<p>Mr Motivator! Live Workout</p> <p>6.30 - 7.15pm</p>   <p>bit.ly/MrMotivatorDSEngage</p>	<p>Wake Up and Dance with DanceSyndrome</p> <p>9.15 - 10.00am</p>   <p>bit.ly/DSEngageWakeUpAndDance</p>	<p>Pilates Plus</p> <p>4.00 - 5.00pm</p>   <p>bit.ly/DSEngagePilatesPlus</p>

We run two disco sessions- the 4pm Disco and the Evening Disco. The disco sessions happen on alternate Tuesdays. Go to the DSEngage webpage for all the details.