



# WEEKLY ACTIVITY LIST



FROM APRIL 2023

<b>DAILY</b> (CLOSED ON BANK HOLIDAYS)	<b>PULSE FITNESS SUITE</b> <b>MULTI PURPOSE GYM</b>	MON-THUR: 9.00am - 9.45pm FRI: 9.00am - 5.45pm SAT: 9.00am - 4.45pm SUN: 9.00am - 4.00pm
<b>DAILY</b> (CLOSED ON BANK HOLIDAYS)	<b>THE FUNZONE</b> <b>CHILDRENS SOFT PLAY FOR UNDER 8's</b> (It is recommended that you call at weekends to check opening times due to private hire parties)	MON-THUR: 9.00am - 7.00pm FRI: 9.00am - 5.45pm SAT: 9.00am - 4.45pm SUN: 9.00am - 4.00pm
<b>MONDAY-FRIDAY</b>	<b>PITSEA ACTIVITY CENTRE FOR THE OVER 50's</b>	Call direct on 01268 205272 for more information
<b>TUESDAY - THURSDAY</b>	<b>UNISEX HAIR SALON</b>	Call Tina on 07731 399756 for appointments
<b>MONDAY</b>	<b>KREATE THEATRE SCHOOL</b> <a href="mailto:kreatetheatreschool@outlook.com">kreatetheatreschool@outlook.com</a> Tel: 07759869597	4.45pm - 6.30pm
	<b>CASTLEPOINT ACADEMY OF DANCE</b> <a href="http://www.castlepointacademy.com">www.castlepointacademy.com</a> 07753554712	4.30pm - 8.00pm
	<b>RYUKYUKAN KARATE</b> <a href="http://www.matsuri-karate-essex.co.uk">www.matsuri-karate-essex.co.uk</a> Tel: 07446 399761	5.30pm - 9.30pm
	<b>* PULSE CLASS - PURE DANCE CARDIO</b>	6.30pm - 7.30pm
	<b>KAZ SPIRITUAL MEDIUMSHIP WORKSHOP</b> <a href="mailto:kazspiritual@outlook.com">kazspiritual@outlook.com</a> Tel:07779 020017	7.30pm - 9.30pm
<b>1st MONDAY &amp; 3rd TUESDAY</b> (dates may vary)	<b>BASILDON PHILATELIC SOCIETY</b> <a href="mailto:enquiries@basildon-philatelic.org.uk">enquiries@basildon-philatelic.org.uk</a> Tel: 07956 570884	7.30pm - 9.30pm
<b>TUESDAY</b>	<b>HOPE A NEW START (BEADING WORKSHOP)</b> <a href="mailto:ebeleokere@hotmail.com">ebeleokere@hotmail.com</a> Tel: 07757 739472	10.00am - 12.00pm
	<b>CASTLEPOINT ACADEMY OF DANCE</b>	4.30pm - 8.00pm
	<b>* PULSE CLASS - HIGH INTENSITY INTERVAL TRAINING</b>	6.00pm - 6.45pm
	<b>* PULSE - ZUMBA ®</b>	7.00pm - 7.45pm

See back page for more.....

For more information or to book please contact:

- 📞 01268 205284
- ✉ [pitsealeisurecentre@basildon.gov.uk](mailto:pitsealeisurecentre@basildon.gov.uk)
- 🌐 [www.basildon.gov.uk/theplace](http://www.basildon.gov.uk/theplace)
- 📘 @ThePlacePitsea
- 🐦 @PitseaLeisureCe
- 📷 theplacepitsea

📍 The Place, Pitsea Leisure Centre, Northlands Pavement, Pitsea, Basildon, SS13 3DU



**Basildon Council**

<b>WEDNESDAY</b>	<b>SLIMMING WORLD</b> Vicky 07969782893	9.30am & 11.00am
	<b>TERRENCE HIGGINS TRUST</b> 3rd Wednesday of the Month (FREE HIV testing from age 16 years upwards) <a href="http://www.tht.org.uk">www.tht.org.uk</a>	10.30am - 2.30pm
	<b>* PULSE CLASS - 30 FIT</b>	6.30pm - 7.30pm
	<b>CASTLEPOINT ACADEMY ADULT TAP</b>	7.45pm - 8.45pm
	<b>YOGA 4 ALL</b> <a href="http://www.yoga4all.co/communityyogaclasses">www.yoga4all.co/communityyogaclasses</a>	6.30pm - 7.30pm
<b>THURSDAY</b>	<b>FOOTBALL FUN FACTORY</b> <a href="http://www.thefootballfunfactory.co.uk">www.thefootballfunfactory.co.uk</a> Tel: 07530060610	10.00am - 11.00pm
	<b>FREE COFFEE MORNING</b> <a href="http://cacsga.org.uk">cacsga.org.uk</a>	10.00am - 12.00pm
	<b>RYUKYUKAN KARATE</b>	6.00pm - 8.30pm
	<b>LOVE YOU BURLESQUE</b> <a href="mailto:info@loveyouburlesque.co.uk">info@loveyouburlesque.co.uk</a> Tel: 03300415177	8.00pm - 9.00pm
<b>SATURDAY</b>	<b>WEIGHT WATCHERS</b> Tel: Suzanne 07813892731	9.00am - 11.00am
	<b>FOOTBALL FUN FACTORY</b>	9.00am - 12.00pm
	<b>RYUKYUKAN KARATE</b>	9.30am - 1.00pm
	<b>CASTLEPOINT ACADEMY OF DANCE</b>	9.30am - 3.30pm
	<b>THE CRAIG TYLER TRUST</b>	12.00pm - 3.00pm
	<b>12 APOSTLES CHURCH</b>	12.00pm - 4.00pm
<b>SUNDAY</b>	<b>CAC SURPASSING GRACE CHURCH</b> <a href="http://cacsga.org.uk">cacsga.org.uk</a>	9.30am - 1.00pm
	<b>REGENERATION CHURCH</b> 1st Sunday of the month Tel: 07460871992	10.00 am- 12.00pm
	<b>RENEWED INTERNATIONAL CHURCH</b> Tel: 07846 542444	10.00am– 12.00pm
	<b>BLW CENTRAL CHURCH</b>	12.00pm - 13:30pm
	<b>LIVING WORD CHURCH</b> Tel: 07568316676	1.30pm - 3.30pm
	<b>I.C.G.C. Central Trust Church</b>	1.30pm - 3.30pm

**\* Included in Full Pulse Membership**

 The Place, Pitsea Leisure Centre, Northlands Pavement, Pitsea, Basildon, SS13 3DU

 01268 205284  [pitsealeisurecentre@basildon.gov.uk](mailto:pitsealeisurecentre@basildon.gov.uk)

