



**Beverley Fitmums and Friends
Training Schedule
Autumn/Winter 2025-26**

Sep 2025					
Date	Day	Activity	Venue	Time	Route
01/09/2025	Monday	Nordic Walk	Beverley Golf Club, Anti Mill, Westwood. HU17 8RG	13:30	1
02/09/2025	Tuesday	Run/Walk	Beverley Leisure Centre, Flemingate. HU17 0LT	09:45	Summer 4
03/09/2025	Wednesday	Nordic Walk	Beverley Golf Club, Anti Mill, Westwood. HU17 8RG	18:30	3
04/09/2025	Thursday	Run/Walk	Beverley Leisure Centre, Flemingate. HU17 0LT	18:45	Summer 1
08/09/2025	Monday	Nordic Walk	Beverley Golf Club, Anti Mill, Westwood. HU17 8RG	13:30	2
09/09/2025	Tuesday	Run/Walk	Beverley Leisure Centre, Flemingate. HU17 0LT	09:45	5
10/09/2025	Wednesday	Nordic Walk	Beverley Golf Club, Anti Mill, Westwood. HU17 8RG	18:30	4
11/09/2025	Thursday	Run/Walk	Beverley Leisure Centre, Flemingate. HU17 0LT	18:45	2
15/09/2025	Monday	Nordic Walk	Beverley Golf Club, Anti Mill, Westwood. HU17 8RG	13:30	3
15/09/2025	Monday	S & C	Beverley Leisure Centre, Flemingate. HU17 0LT	18:00	
16/09/2025	Tuesday	Run/Walk	Beverley Leisure Centre, Flemingate. HU17 0LT	09:45	1
17/09/2025	Wednesday	Nordic Walk	Beverley Golf Club, Anti Mill, Westwood. HU17 8RG	18:30	1
18/09/2025	Thursday	Run/Walk	Beverley Leisure Centre, Flemingate. HU17 0LT	18:45	3
19/09/2025	Friday	Boot Camp	The Mill at Beverley Leisure Centre, Flemingate. HU17 0LT	19:00	
22/09/2025	Monday	Nordic Walk	Beverley Golf Club, Anti Mill, Westwood. HU17 8RG	13:30	4
23/09/2025	Tuesday	Run/Walk	Beverley Leisure Centre, Flemingate. HU17 0LT	09:45	2
24/09/2025	Wednesday	Nordic Walk	Beverley Golf Club, Anti Mill, Westwood. HU17 8RG	18:30	2
25/09/2025	Thursday	Run/Walk	Beverley Leisure Centre, Flemingate. HU17 0LT	18:45	4
29/09/2025	Monday	Nordic Walk	Beverley Golf Club, Anti Mill, Westwood. HU17 8RG	13:30	1
30/09/2025	Tuesday	Run/Walk	Beverley Leisure Centre, Flemingate. HU17 0LT	09:45	3

Oct 2025					
Date	Day	Activity	Venue	Time	Route
01/10/2025	Wednesday	Nordic Walk	Beverley Golf Club, Anti Mill, Westwood. HU17 8RG	18:30	3
02/10/2025	Thursday	Run/Walk	Beverley Leisure Centre, Flemingate. HU17 0LT	18:45	Winter 1
06/10/2025	Monday	Nordic Walk	Beverley Golf Club, Anti Mill, Westwood. HU17 8RG	13:30	2
07/10/2025	Tuesday	Run/Walk	Beverley Leisure Centre, Flemingate. HU17 0LT	09:45	Winter 7
08/10/2025	Wednesday	Nordic Walk	Beverley Golf Club, Anti Mill, Westwood. HU17 8RG	18:30	4
09/10/2025	Thursday	Run/Walk	Beverley Leisure Centre, Flemingate. HU17 0LT	18:45	2
13/10/2025	Monday	Nordic Walk	Beverley Golf Club, Anti Mill, Westwood. HU17 8RG	13:30	3
14/10/2025	Tuesday	Run/Walk	Beverley Leisure Centre, Flemingate. HU17 0LT	09:45	8
15/10/2025	Wednesday	Nordic Walk	Beverley Golf Club, Anti Mill, Westwood. HU17 8RG	18:30	1
16/10/2025	Thursday	Run/Walk	Beverley Leisure Centre, Flemingate. HU17 0LT	18:45	3
20/10/2025	Monday	Nordic Walk	Beverley Golf Club, Anti Mill, Westwood. HU17 8RG	13:30	4
21/10/2025	Tuesday	Run/Walk	Beverley Leisure Centre, Flemingate. HU17 0LT	09:45	1
22/10/2025	Wednesday	Nordic Walk	Beverley Golf Club, Anti Mill, Westwood. HU17 8RG	18:30	2
23/10/2025	Thursday	Run/Walk	Beverley Leisure Centre, Flemingate. HU17 0LT	18:45	4
24/10/2025	Friday	Boot Camp	The Mill at Beverley Leisure Centre, Flemingate. HU17 0LT	19:00	
27/10/2025	Monday	Nordic Walk	Beverley Golf Club, Anti Mill, Westwood. HU17 8RG	13:30	1
28/10/2025	Tuesday	Closed	Term Time Only	09:45	Half Term
29/10/2025	Wednesday	Nordic Walk	Beverley Golf Club, Anti Mill, Westwood. HU17 8RG	18:30	3
30/10/2025	Thursday	Run/Walk	Beverley Leisure Centre, Flemingate. HU17 0LT	18:45	5

Nov 2025					
Date	Day	Activity	Venue	Time	Route
03/11/2025	Monday	Nordic Walk	Beverley Golf Club, Anti Mill, Westwood. HU17 8RG	13:30	2
04/11/2025	Tuesday	Run/Walk	Beverley Leisure Centre, Flemingate. HU17 0LT	09:45	2
05/11/2025	Wednesday	Nordic Walk	Beverley Golf Club, Anti Mill, Westwood. HU17 8RG	18:30	4
06/11/2025	Thursday	Run/Walk	Beverley Leisure Centre, Flemingate. HU17 0LT	18:45	6
10/11/2025	Monday	Nordic Walk	Beverley Golf Club, Anti Mill, Westwood. HU17 8RG	13:30	3
11/11/2025	Tuesday	Run/Walk	Beverley Leisure Centre, Flemingate. HU17 0LT	09:45	3
12/11/2025	Wednesday	Nordic Walk	Beverley Golf Club, Anti Mill, Westwood. HU17 8RG	18:30	1
13/11/2025	Thursday	Run/Walk	Beverley Leisure Centre, Flemingate. HU17 0LT	18:45	7
17/11/2025	Monday	Nordic Walk	Beverley Golf Club, Anti Mill, Westwood. HU17 8RG	13:30	4
18/11/2025	Tuesday	Run/Walk	Beverley Leisure Centre, Flemingate. HU17 0LT	09:45	4
19/11/2025	Wednesday	Nordic Walk	Beverley Golf Club, Anti Mill, Westwood. HU17 8RG	18:30	2
20/11/2025	Thursday	Run/Walk	Beverley Leisure Centre, Flemingate. HU17 0LT	18:45	8
24/11/2025	Monday	Nordic Walk	Beverley Golf Club, Anti Mill, Westwood. HU17 8RG	13:30	1
25/11/2025	Tuesday	Run/Walk	Beverley Leisure Centre, Flemingate. HU17 0LT	09:45	5
26/11/2025	Wednesday	Nordic Walk	Beverley Golf Club, Anti Mill, Westwood. HU17 8RG	18:30	3
27/11/2025	Thursday	Run/Walk	Beverley Leisure Centre, Flemingate. HU17 0LT	18:45	1

Dec 2025					
Date	Day	Activity	Venue	Time	Route
01/12/2025	Monday	Nordic Walk	Beverley Golf Club, Anti Mill, Westwood. HU17 8RG	13:30	2
02/12/2025	Tuesday	Run/Walk	Beverley Leisure Centre, Flemingate. HU17 0LT	09:45	6
03/12/2025	Wednesday	Nordic Walk	Beverley Golf Club, Anti Mill, Westwood. HU17 8RG	18:30	4
04/12/2025	Thursday	Run/Walk	Beverley Leisure Centre, Flemingate. HU17 0LT	18:45	2
08/12/2025	Monday	Nordic Walk	Beverley Golf Club, Anti Mill, Westwood. HU17 8RG	13:30	3
09/12/2025	Tuesday	Run/Walk	Beverley Leisure Centre, Flemingate. HU17 0LT	09:45	7
10/12/2025	Wednesday	Nordic Walk	Beverley Golf Club, Anti Mill, Westwood. HU17 8RG	18:30	1
11/12/2025	Thursday	Run/Walk	Beverley Leisure Centre, Flemingate. HU17 0LT	18:45	3
15/12/2025	Monday	Nordic Walk	Beverley Golf Club, Anti Mill, Westwood. HU17 8RG	13:30	4
16/12/2025	Tuesday	Run/Walk	Beverley Leisure Centre, Flemingate. HU17 0LT	09:45	8
17/12/2025	Wednesday	Nordic Walk	Beverley Golf Club, Anti Mill, Westwood. HU17 8RG	18:30	2
18/12/2025	Thursday	Run/Walk	Beverley Leisure Centre, Flemingate. HU17 0LT	18:45	4
22/12/2025	Monday	Nordic Walk	Beverley Golf Club, Anti Mill, Westwood. HU17 8RG	13:30	1
23/12/2025	Tuesday	Closed	Term Time Only	09:45	Christmas Break
24/12/2025	Wednesday	Nordic Walk	Beverley Golf Club, Anti Mill, Westwood. HU17 8RG	18:30	3
25/12/2025	Thursday	Closed	Bank Holiday	18:45	Christmas Day
29/12/2025	Monday	Nordic Walk	Beverley Golf Club, Anti Mill, Westwood. HU17 8RG	13:30	2
30/12/2025	Tuesday	Closed	Term Time Only	09:45	Christmas Break
31/12/2025	Wednesday	Nordic Walk	Beverley Golf Club, Anti Mill, Westwood. HU17 8RG	18:30	4

Jan 2025					
Date	Day	Activity	Venue	Time	Route
01/01/2026	Thursday	Closed	Bank Holiday	18:45	New Year's Day
05/01/2026	Monday	Nordic Walk	Beverley Golf Club, Anti Mill, Westwood. HU17 8RG	13:30	3
06/01/2026	Tuesday	Run/Walk	Beverley Leisure Centre, Flemingate. HU17 0LT	09:45	1
07/01/2026	Wednesday	Nordic Walk	Beverley Golf Club, Anti Mill, Westwood. HU17 8RG	18:30	1
08/01/2026	Thursday	Run/Walk	Beverley Leisure Centre, Flemingate. HU17 0LT	18:45	5
12/01/2026	Monday	Nordic Walk	Beverley Golf Club, Anti Mill, Westwood. HU17 8RG	13:30	4
13/01/2026	Tuesday	Run/Walk	Beverley Leisure Centre, Flemingate. HU17 0LT	09:45	2
14/01/2026	Wednesday	Nordic Walk	Beverley Golf Club, Anti Mill, Westwood. HU17 8RG	18:30	2
15/01/2026	Thursday	Run/Walk	Beverley Leisure Centre, Flemingate. HU17 0LT	18:45	6
19/01/2026	Monday	Nordic Walk	Beverley Golf Club, Anti Mill, Westwood. HU17 8RG	13:30	1
20/01/2026	Tuesday	Run/Walk	Beverley Leisure Centre, Flemingate. HU17 0LT	09:45	3
21/01/2026	Wednesday	Nordic Walk	Beverley Golf Club, Anti Mill, Westwood. HU17 8RG	18:30	3
22/01/2026	Thursday	Run/Walk	Beverley Leisure Centre, Flemingate. HU17 0LT	18:45	7
26/01/2026	Monday	Nordic Walk	Beverley Golf Club, Anti Mill, Westwood. HU17 8RG	13:30	2
27/01/2026	Tuesday	Run/Walk	Beverley Leisure Centre, Flemingate. HU17 0LT	09:45	4
28/01/2026	Wednesday	Nordic Walk	Beverley Golf Club, Anti Mill, Westwood. HU17 8RG	18:30	4
29/01/2026	Thursday	Run/Walk	Beverley Leisure Centre, Flemingate. HU17 0LT	18:45	8

Feb 2025					
Date	Day	Activity	Venue	Time	Route
02/02/2026	Monday	Nordic Walk	Beverley Golf Club, Anti Mill, Westwood. HU17 8RG	13:30	3
03/02/2026	Tuesday	Run/Walk	Beverley Leisure Centre, Flemingate. HU17 0LT	09:45	5
04/02/2026	Wednesday	Nordic Walk	Beverley Golf Club, Anti Mill, Westwood. HU17 8RG	18:30	1
05/02/2026	Thursday	Run/Walk	Beverley Leisure Centre, Flemingate. HU17 0LT	18:45	1
09/02/2026	Monday	Nordic Walk	Beverley Golf Club, Anti Mill, Westwood. HU17 8RG	13:30	4
10/02/2026	Tuesday	Run/Walk	Beverley Leisure Centre, Flemingate. HU17 0LT	09:45	6
11/02/2026	Wednesday	Nordic Walk	Beverley Golf Club, Anti Mill, Westwood. HU17 8RG	18:30	2
12/02/2026	Thursday	Run/Walk	Beverley Leisure Centre, Flemingate. HU17 0LT	18:45	2
16/02/2026	Monday	Nordic Walk	Beverley Golf Club, Anti Mill, Westwood. HU17 8RG	13:30	1
17/02/2026	Tuesday	Closed	Term Time Only	09:45	Half Term
18/02/2026	Wednesday	Nordic Walk	Beverley Golf Club, Anti Mill, Westwood. HU17 8RG	18:30	3
19/02/2026	Thursday	Run/Walk	Beverley Leisure Centre, Flemingate. HU17 0LT	18:45	3
23/02/2026	Monday	Nordic Walk	Beverley Golf Club, Anti Mill, Westwood. HU17 8RG	13:30	2
24/02/2026	Tuesday	Run/Walk	Beverley Leisure Centre, Flemingate. HU17 0LT	09:45	7
25/02/2026	Wednesday	Nordic Walk	Beverley Golf Club, Anti Mill, Westwood. HU17 8RG	18:30	4
26/02/2026	Thursday	Run/Walk	Beverley Leisure Centre, Flemingate. HU17 0LT	18:45	4

Mar 2025

Date	Day	Activity	Venue	Time	Route
02/03/2026	Monday	Nordic Walk	Beverley Golf Club, Anti Mill, Westwood. HU17 8RG	13:30	3
03/03/2026	Tuesday	Run/Walk	Beverley Leisure Centre, Flemingate. HU17 0LT	09:45	8
04/03/2026	Wednesday	Nordic Walk	Beverley Golf Club, Anti Mill, Westwood. HU17 8RG	18:30	1
05/03/2026	Thursday	Run/Walk	Beverley Leisure Centre, Flemingate. HU17 0LT	18:45	5
09/03/2026	Monday	Nordic Walk	Beverley Golf Club, Anti Mill, Westwood. HU17 8RG	13:30	4
10/03/2026	Tuesday	Run/Walk	Beverley Leisure Centre, Flemingate. HU17 0LT	09:45	1
11/03/2026	Wednesday	Nordic Walk	Beverley Golf Club, Anti Mill, Westwood. HU17 8RG	18:30	2
12/03/2026	Thursday	Run/Walk	Beverley Leisure Centre, Flemingate. HU17 0LT	18:45	6
16/03/2026	Monday	Nordic Walk	Beverley Golf Club, Anti Mill, Westwood. HU17 8RG	13:30	1
17/03/2026	Tuesday	Run/Walk	Beverley Leisure Centre, Flemingate. HU17 0LT	09:45	2
18/03/2026	Wednesday	Nordic Walk	Beverley Golf Club, Anti Mill, Westwood. HU17 8RG	18:30	3
19/03/2026	Thursday	Run/Walk	Beverley Leisure Centre, Flemingate. HU17 0LT	18:45	7
23/03/2026	Monday	Nordic Walk	Beverley Golf Club, Anti Mill, Westwood. HU17 8RG	13:30	2
24/03/2026	Tuesday	Run/Walk	Beverley Leisure Centre, Flemingate. HU17 0LT	09:45	3
25/03/2026	Wednesday	Nordic Walk	Beverley Golf Club, Anti Mill, Westwood. HU17 8RG	18:30	4
26/03/2026	Thursday	Run/Walk	Beverley Leisure Centre, Flemingate. HU17 0LT	18:45	8
30/03/2026	Monday	Nordic Walk	Beverley Golf Club, Anti Mill, Westwood. HU17 8RG	13:30	3
31/03/2026	Tuesday	Run/Walk	Beverley Leisure Centre, Flemingate. HU17 0LT	09:45	4