

You can read about DSEngage and find out how to join DSEngage online sessions at www.downs-syndrome.org.uk/our-work/services-projects/dsengage

Monday

Weekly Workout
4 pm to 4:45 pm



bit.ly/DSEngageWeeklyWorkout

Tuesday

4 p.m. Disco
4 pm to 5 pm



bit.ly/DSEngage4pmDisco



Evening Disco
7 pm to 8 pm



bit.ly/DSEngageEveningDisco

Wednesday

Mr. Motivator
6:30 p.m. to 7 p.m.



bit.ly/MrMotivatorDSEngage

Thursday

Wake Up and Dance with DanceSyndrome
9:15 am to 10 am



bit.ly/DSEngageWakeUpAndDance

Friday

Pilates Plus
4 pm to 4:45 pm



bit.ly/DSEngagePilatesPlus