

EVENTS AUGUST 2019

#BBPSummerTimes

TWEET YOUR PHOTOS
TO WIN PRIZES
@birmingham_bp

Monday

EVERY MONDAY
"CHERISHED HEALTH"
Book direct with Janemiller17@outlook.com
07480460054
Venue: MSO - Unit 2010 FF

£12 for 15 minute massages
(Back, Neck, Shoulder massage)

EVERY MONDAY
"RUNNING CLUB"
Time: 5.15pm - 6.15pm
Venue: Meet At The Waterside Pagoda
Contact Jack Brown jack.brown@capp.co
for more information

Tuesday

EVERY TUESDAY
YOGA

Time: 12.30pm - 1.15pm
Venue: MSO - Unit 2010 FF
To book contact: berengh@me.com
or 07759461416 directly - £5 cost. Loyalty
cards' - attend 10 sessions, get 11th free.

EVERY TUESDAY
GROUP CYCLE

Time: 17.45pm
Venue: Outside IMI - 4060 - Lakeside
It's a 20 mile steady group cycle averaging 16-
18mph depending on who is there. We won't
drop riders so if you are comfortable with
that average and fancy a group cycle - come
and give it a try! - book via Alan Cooper at
alan.cooper@imi-precision.com

EVENT CALENDAR
AVAILABLE ONLINE

birminghambusinesspark.co.uk/whats-on

 @birmingham_bp
 birminghambusinesspark
 Birmingham Business Park

Wednesday

EVERY WEDNESDAY
PILATES & BODY CONDITIONING

Time: 12.30pm - 1.30pm / 6.15pm - 7.00pm / 5.15pm - 6.00pm
Venue: MSO - Unit 2010 FF
Contact: nicolaholmes_1985@yahoo.com

7TH & 28TH AUGUST
HS2/LMV DROP IN SESSION

Times: 12.00pm - 2.00pm
Venue: Park Management Office
Q&A re local works via HS2 - LMV

Thursday

EVERY THURSDAY
POP-UP FOODIE CARTS

Time: 11.00am - 2.00pm
Venue: Main lake

EVERY TUESDAY AND THURSDAY
THE RETREAT

Beauty treatments, full massages, eyebrow waxing,
shellac nails and toes, facials, reflexology, and
waxing. Booked with Katie Millward

Booking by appointment only:
archiemax10@gmail.com - 07944 298947

8TH & 22ND AUGUST
MINDFULNESS

Time: 1.10pm
Venue: MSO - Unit 2010 FF
"Mindfulness has been shown to provide a
number of powerful health and wellbeing
benefits. This session provides the opportunity
to take some time for yourself and is aimed
at reducing stress and building personal
resilience."

To book your place, please call Lorraine on
07538 275113 or e-mail:
lorraine@waystoflourish.com

1ST & 15TH AUGUST
THE BODY SHOP

Time: 11.00am - 2.00pm
Venue: Main Lake
Amazing products, great discounts and
personal service

liz@birminghambusinesspark.co.uk

BIRMINGHAMBUSINESSPARK.CO.UK



Invested in You



"Special Events"

W.C 19TH AUGUST
TABLE TENNIS BATTLES

Venue: Main Lake

Times: 12.00pm - 2.00pm

"Prizes for top rallies, pop your scores on the
chalk board."



THURSDAY 15TH AUGUST
DUMPLING KING

Venue: Main Lake

Times: 11.00am - 2.00pm



Friday

30TH AUGUST
FOODIE FRIDAY

Time: 11.00am - 2.00pm

Venue: Main Lake

"Meet our new foodie carts
and your favourites for 2019"

