

EVENTS JUNE 2019

#BBPSummerfuntimes

TWEET YOUR PHOTOS
TO WIN PRIZES
@birmingham_bp

Monday

EVERY MONDAY "CHERISHED HEALTH"

Time: Book direct with Janemiller17@outlook.com
07480460054
Venue: Park Management Office
£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

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!

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

5TH & 19TH JUNE HS2/LMV DROP IN SESSION

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

Thursday

EVERY THURSDAY + 20TH JUNE - "DUMPLING KING" POP-UP FOODIE CARTS

Time: 11.00am - 2.00pm
Venue: Main lake

EVERY TUESDAY AND THURSDAY THE RETREAT

Venue: Park Management Office - Waterside Centre

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

12TH JUNE "LIFE READY PROGRAMME"

Time: 12.00pm - 2.00pm
Venue: Park Management Office - Waterside Centre

This session is open to anyone with an interest in supporting young people to be prepared for the world of work, However may be of particular interest to HR Managers, Learning and Development Managers and Corporate Social Responsibility teams. If you would like any information please contact Hannah Colson on 0121 704 8744 or hcolson@solihull.gov.uk

6TH & 27TH JUNE MINDFULNESS

Time: 1.10pm
Venue: Park Management Office - Waterside Centre

"Mindfulness training could offer just what you're looking for; providing you with the ability to distance yourself from negative thoughts and feelings and building your personal resilience"

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

6TH AND 13TH JUNE THE BODY SHOP

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

"Biggest Event Yet"

"THURSDAY 13TH JUNE" LIVE MOVIE SHOWING "GREASE" IS THE WORD IS THE WORD.....

Times:
Venue: Main Lake

11.00am - 3.00pm
Foodie Carts & Air Stream Photo Booth
Free Photos as a memento of your day

11.00am - 12.30pm
Live Music - Bexi

12.30pm
"Grease"

"Dress up, show up for
amazing prizes on the day!"

Outdoor games, deckchairs and more....

Collect FREE food vouchers from the Park
Management Office from Monday 3rd June for
the "Grease Movie Event"

Free Food Vouchers From:

- Twisted Kitchen - Wood fired pizzas
- Mister V - Top Class burgers and hot dogs
- TREAT Kitchen - two scoops of ice cream in a tub
- CROP Over Kitchen - Barbados inspired food
- Dumpling King - Tasty Dumplings
- The Horsless Box - Mocktails

Vegan, Vegetarian options etc.
Vouchers on a first come first served basis!

Friday

28TH JUNE FOODIE FRIDAY

Time: 11.00am - 2.00pm
Venue: Main Lake
"Meet our new foodie carts
and your favourites for 2019"

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EVENT CALENDAR
AVAILABLE ONLINE

birminghambusinesspark.co.uk/whats-on

 @birmingham_bp
 birminghambusinesspark
 Birmingham Business Park

liz@birminghambusinesspark.co.uk

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