



Sunday 14th October 2018

10am to 4pm

In the Main school Hall

Please come along and join to help us raise money for Charlie, a young man that has just joined us here at Highdown in year 7. Charlie has been diagnosed for the second time with medulloblastoma and is undergoing cyberknife treatment in Turkey. We would like to raise money to help Charlie and family continue this treatment.

We have lots on offer throughout the day please bring the whole family or just come and treat yourself.

Classes - £5

(Please make sure you have filled in a medical form and bring plenty of water. Please can you show your interest for class by email office@highdown.reading.sch.uk)

Time	Class	Instructor
10:00 to 10:45	Circuits	Dan
11:00 to 11:45	Yoga	Kate
12:00 to 12:45	Zumba	Josie
13:00 to 13:45	Bodyblitz	HSL
14:00 to 14:45	Abs Attack	HSL

Tang Sou Dao classes will be held in the HSL Gym, please pay in the school hall before attending the class.

Time	Class	Instructor
10:00 to 10:45	Tang Sou Dao	Nazim
11:00 to 11:45	Tang Sou Dao	Nazim
12:00 to 12:45	Tang Sou Dao	Nazim



Raffle - £1

(lots of pampering prizes on offer)



Nails - £5

(our amazing hairdressing students will be available to make sure your nails look great)



Food and Drink

(A selection of cakes and drinks for you to enjoy while you choose your nail colour or wait for your exercise class to start)

Highdown Health & Wellbeing Fundraiser