

Laburnum Centre & Gym Weekly Timetable All classes, activities and services must be BOOKED Call 01243 827185 or email: info-arun@ageukwsbh.org.uk Please contact reception for details of each class



12.30-13.30Family History Self Help (Starting in November)Meeting Room (IT Suite)£2.0012.45-15.15Table TennisRoom Two (Craft Room)£2.5013.00-14.00NEW - Poetry Group (2nd Monday of each month)Room One (Studio One)£2.0013.00-15.00Scrabble ClubCafé Area/Room One (Studio One)£2.00Tuesday08.30-09.00Indoor CyclingMain Hall£3.5009.30-10.15Cardio Pop with Becky (Stretch & Flex)Main Hall£4.00					
Fitness Classes 10.30-11.15 (1.30-12.30) Pilates Style with Kate (Mindful Stretch) Main Hall (1.30-12.30) £5.00 (1.30-11.15) Activities 0.930-12.00 (1.30-12.30) Tai Chi (1.30-12.30) Tai Chi (1.30-12.30) Main Hall (1.30-12.30) £5.00 (1.30-12.30) Activities 0.930-12.00 (1.30-12.30) Painting Room Two (Craft Room) £2.00 (1.30-12.30) Activities 0.930-12.00 (1.30-12.30) Family History (New Course starting in November) Meeting Room (IT Suite) (6 week course starting in November) Meeting Room (IT Suite) (6 week course starting in November) Meeting Room (IT Suite) (6 week course starting in November) Expose (1.30-13.30) Family History (New Course starting in November) Meeting Room (IT Suite) (6 week course starting in November) Meeting Room (IT Suite) (6 week course starting in November) Meeting Room (IT Suite) (6 week course starting in November) Expose (1.30-13-12-12-12-12-12-12-12-12-12-12-12-12-12-	Monday	09.30-10.15	Movement & Flow with Sue	Main Hall	£4.00
10.30-11.15 Gentle Pilátes with Sue (Mindful Stretch) Room One (Studio One) £4.00 11.30-12.30 Yoga & Meditation with Jax Room One (Studio One) £5.00 11.30-12.30 Tai Chi Main Hall £5.00 13.15-14.00 Indoor Cycling Main Hall £5.00 Activities 09.30-12.00 Painting Room Two (Craft Room) £2.00 10.00-12.00 Family History (New Course starting in November) Meeting Room (IT Suite) £6 week course 12.30-13.30 Family History Self Help (Starting in November) Meeting Room (IT Suite) £2.00 12.45-15.15 Table Tennis Room Two (Craft Room) £2.50 13.00-14.00 NEW - Poetry Group (2nd Monday of each month) Room Two (Craft Room) £2.50 13.00-15.00 Scrabble Club Café Area/Room One (Studio One) £2.00 13.00-15.00 Scrabble Club Café Area/Room One (Studio One) £2.00 14.00 Tuesday 08.30-09.00 Indoor Cycling Cardio Pop with Becky (Stretch & Flex) Main Hall £4.00 12.30-13.15 Cardio Pop with Becky (Stretch & Flex) Main Hall £4.00 12.30-13.15 Total Tone with Michelle Room Two (Craft Room) £5.00 Activities 09.30-12.00 Darts Chemosize CU Fitter Room Two (Craft Room) £2.00 Activities 09.30-12.00 Darts Srian's Class Room One (Studio One) £2.00 11.30-12.15 Brian's Class Room One (Studio One) £2.00 13.45-15.15 Table Tennis Room Two (Craft Room) £2.50 Wednesday 09.30-10.15 Short Circuit (Core) with Joseph Main Hall £4.00 13.45-15.15 Next Level Strength & Balance Main Hall £4.00 11.45-12.45 Next Level Strength & Balance Main Hall £4.00 11.45-12.45 Next Level Strength & Balance Main Hall £7.00 11.50-11.45 Chair Exercise (except 1st Wednesday of each month) Room One (Studio One) £2.00 12.40 Room One (Studio One) £2.00 13.45-15.15 Room One (Studio One) £2.00 14.40 Room One (Studio One) £2.00 15.40 Room One (Studio One) £2.00 15.40 Room One (Studio One) £2.00 15.40 Room On		09.30-10.30	Fitness Activity (Over 60 Only, Book Direct 01903 884772)	Arundel Football Club	£5.00
11.30-12.30	Fitness Classes	10.30-11.15	Pilates Style with Kate	Main Hall	£5.00
11.30-12.30		10.30-11.15	Gentle Pilates with Sue (Mindful Stretch)	Room One (Studio One)	£4.00
Activities		11.30-12.30	Yoga & Meditation with Jax	Room One (Studio One)	£5.00
Activities		11.30-12.30	Tai Chi	Main Hall	£5.00
10.00-12.00		13.15-14.00	Indoor Cycling	Main Hall	£5.00
12.30-13.30	Activities	09.30-12.00	Painting	Room Two (Craft Room)	£2.00
12.45-15.15		10.00-12.00	Family History (New Course starting in November)		(6 week course
13.00-14.00		12.30-13.30	Family History Self Help (Starting in November)	Meeting Room (IT Suite)	£2.00
Tuesday 08.30-09.00 09.30-10.15 Indoor Cycling Cardio Pop with Becky (Stretch & Flex) Main Hall £3.50 flat Flex £2.00 Fitness Classes 10.30-11.15 flat Flex Sit to Fit with Becky (Stretch & Flex) Main Hall £4.00 flat Flex £4.00 flat Flex Fitness Classes 10.30-11.15 flat Flex Sit to Fit with Becky (Stretch & Flex) Main Hall flat flat Flex £4.00 flat Flex Activities 12.15-13.15 flat Flex Chemosize CU Fitter Room Two (Craft Room) flat Flex £5.00 flat Flex Activities 09.30-12.00 flat Flex Brian's Class Main Hall flat Flex £2.00 flat Flex Activities 09.30-12.01 flat Flex Main Hall flat Flex £2.00 flat Flex £2.00 flat Flex Activities 09.30-12.01 flat Flex New Craft Room flat Flex £2.00 flat Flex £2.50 flat Flex £4.00 flat Flex £4.00 flat Flex £4.00 flat Flex £4.00 flat Flex £2.00		12.45-15.15	Table Tennis		£2.50
Tuesday 08.30-09.00 09.30-10.15 09.30-10.15 09.30-10.15 09.30-10.15 09.30-10.15 09.30-10.15 09.30-10.15 09.30-10.15 09.30-10.15 09.30-10.15 09.30-10.15 09.30-12.00 09.30-		13.00-14.00	NEW - Poetry Group (2nd Monday of each month)	Room One (Studio One)	
Pitness Classes		13.00-15.00	Scrabble Club	Café Area/Room One (Studio One)	£2.00
Fitness Classes 10.30-11.15 12.30-13.15 Sit to Fit with Becky 12.30-13.15 Main Hall 54.00 12.40.00 12.15-13.15 Example 12.30-13.15 (Chemosize CU Fitter) Main Hall 54.00 12.40.00 12.15-13.15 Main Hall 54.00 12.00 12.00 12.00 12.00 13.30-12.00 13.30-12.00 13.30-12.00 13.30-12.00 13.30-15.00 13.30-15.00 13.30-15.00 13.30-15.00 13.30-15.00 13.30-15.00 13.30-15.00 13.30-15.00 13.30-15.00 13.45-15.15 NEW - Cribbage 12.00 13.45-15.15 12.00 13.45-15.15 12.00 13.30-10.15 13.00-10.	Tuesday			Main Hall	
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11.30-12.15 Brian's Class Main Hall £2.00 13.15-15.00 Carpet Bowls Main Hall £2.00 13.30-15.00 NEW - Cribbage Café Area £2.00 13.45-15.15 Table Tennis Room Two (Craft Room) £2.50 Wednesday 09.30-10.15 Short Circuit (Core) with Joseph Main Hall £4.00 10.30-11.30 Just Beat it with Zuleika Main Hall £4.00 Fitness Classes 11.45-12.45 Next Level Strength & Balance Main Hall £7.00 11.15-11.45 Chair Exercise (except 1st Wednesday of each month) Room One (Studio One) £2.00			Chemosize CU Fitter		
13.15-15.00 Carpet Bowls Main Hall £2.00 13.30-15.00 NEW - Cribbage Café Area £2.00 13.45-15.15 Table Tennis Room Two (Craft Room) £2.50 Wednesday 09.30-10.15 Short Circuit (Core) with Joseph Main Hall £4.00 10.30-11.30 Just Beat it with Zuleika Main Hall £4.00 Fitness Classes 11.45-12.45 Next Level Strength & Balance Main Hall £7.00 11.15-11.45 Chair Exercise (except 1st Wednesday of each month) Room One (Studio One) £2.00	Activities				
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11.15-11.45 Chair Exercise (except 1st Wednesday of each month) Room One (Studio One) £2.00					
vww.ageukwestsussex.org.uk				Room One (Studio One)	
	www.ageukwestsussex.	.org.uk f ceboo	ok.com/AUKWS Registered Charity Number. 1086323		V8.6 - 07/10/25

Gym, Open Monday - Friday 8.00am - 2.30pm.

Foot Nurses, Tuesdays, 9am - 4pm.

Hairdressers open daily from 9.30am.

Holistic Therapist, every 1st & 3rd Wednesday, 9am - 3pm.



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Wednesday	09.30-12.00	Model Making with Dave	Room Two (Craft Room)	£2.00		
	10.00-11.30	Conversational French	Meeting Room (IT Suite)	£2.00		
	10.30-12.00	Healthy Walks with Freedom Leisure - Restarting March 2026	Meet in Cafe	FREE		
	12.45-15.15	Table Tennis	Room Two (Craft Room)	£2.50		
	13.30-15.00	NEW - Games Table (dominoes, chess, card games etc)	Café Area	£2.00		
	13.15-15.00	Bingo	Main Hall	£2.00		
Thursday	09.30-10.15	Just Beat It 2 with Zuleika	Main Hall	£4.00		
_	10.30-12.00	Walking Football (Ford Airfield) Call CU Fitter 07766 023216	Ford	£5.00		
Fitness Classes	10.30-11.15	Beginners Gentle Yoga with Jax	Room One (Studio One)	£5.00		
	11.30-12.30	Hatha Yoga & Meditation	Room One (Studio One)	£7.00		
	10.30-11.15	Fusion Fitness with Zuleika	Main Hall	£4.00		
	11.30-12.15	Stretch & Tone (Pilates Style) with Michelle	Main Hall	£4.00		
	12.20- 12.50	NEW - Seated Pilates with Michelle	Main Hall	£3.50		
Activities	09.30-12.00	Painting	Room Two (Craft Room)	£2.00		
	11.00-13.00	Computer Drop-in	Café Area	£2.00		
	13.15-15.00	Choir	Main Hall	£2.00		
	13.30-15.00	NEW - Colouring & Connect	Café Area	£2.00		
Friday	09.30-10.15	Circuits	Main Hall	£4.00		
Fitness Classes	10.30-11.15	Dancefit with Suzanne	Main Hall	£4.00		
	09.30-11.00	Flower Arranging	Room Two (Craft Room)	£8.00		
	10.30-12.00	NEW Scrapbooking (1st Friday of each month)	Room Two (Craft Room)	£2.00		
Activities	11.30-12.15	Brian's Class	Main Hall	£2.00		
	13.00-15.00	New Age Curling / Carpet Bowls	Main Hall	£2.00		
	13.30-15.00	NEW - Knit & Natter	Café Area	£2.00		
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