

Brighton & Hove Weekly Timetable

Drop in for a coffee in our café in the Seven Dials Mon - Fri 10:00am - 16:00pm!

Monday	Dancing for Strength and Balance	09:10am - 10:10am	£9.00	Studio	Booking Essential
	Coffee Morning	10:00am - 11:00am	Donation	Café	
	Café Club	10:00am - 11:00am	Donation	Small Batch Coffee, Wilbury Road	
	Exercise for Osteoporosis	10:20am - 11:20am	£9.00	Studio	Booking Essential
	Slow-paced Strength and Balance	11:30am - 12:30pm	£9.00	Studio	Booking Essential
Tuesday	Stretch & Relax	10:30am - 12:00pm	£7.00	Studio	
	Chess for Beginners	10:30am - 12:00pm	Donation	Café	
	Intermediate Lunchtime Yoga	13:00pm - 13:45pm	£10.00	Studio	
	Knitting	14:00pm - 16:00pm	Donation	Café	Every other week
Wednesday	Age is a Stage	11:00am - 12:00pm	£7.50	Studio	
	Dementia Clinic	13:00pm - 15:00pm	Donation	Studio	1st Wednesday of the month
Thursday	Extend	10:30am - 11:30am	£4.50	Studio	
	Pole Fitness 50+	11:00am - 12:00pm	6 wk course	Pole Lab, Hove	Booking Essential
	Tai Chi - Qi Gong (Shibashi)	11:45am - 12:45pm	Donation	Studio	
Friday	Tai Chi - Qi Gong (Shibashi)	11:00am - 12:00pm	Donation	Studio	
	Bridge	13:30pm - 15:30pm	Donation	Café	
	Chair Based Yoga	14:30pm - 15:45pm	£8.00	Studio	
Members services		AROMATHERAPY MASSAGE NAIL CUTTING IT DROP IN FREE INFORMATION & ADVICE CRISIS CARE COMMUNITY ENGAGEMENT HELP AT HOME DEMENTIA ACTION			
Book Direct with Service Appointments not always necessary					
For any enquiries about activities or services please call 01273 720 603 or call in at reception Mon - Fri 10:00am - 16:00pm					



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Registered Charity Number. 1086323

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