***Castle Community Centre Timetable***

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|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Morning** | **9am - 1.30pm**  **Slimming World** | **Mindfulness**  **10am-12pm** | **10 – 11.30 am**  **Yoga** | **10 –11am**  **Tai Chi**  **11.30 - 12.30**  **Tai Chi** | **10am – 12 pm**  **French**  **Intermediate** |
| **Afternoon** | **11.30 – 1.30 pm**  **French Beginners**  *(in the Tea Room)*  **2.15 – 4.15 pm**  **French Conversation** | **2 – 4 pm**  **Castle Old Friends Club**  *(friendship group)* | **12-1pm**  **Keep fit/Exercise to Music**  **2 – 4pm**  **Vision Support**  ***1st Wed in the month only***  **1.30pm – 3.30pm**  **Computer Club**  ***2nd Wed in the month only***  **2 – 4pm**  **Vision Support**  ***3rd Wed in the month only***  **1.30pm – 3.00pm**  **Dementia Activities Group**  ***4th Wed in the month only*** | **Art**  **1 – 4pm** | **1.30 – 2.30pm**  **Body Moves** |
| **Evening** | **4.30pm – 9pm**  **Slimming World** | **7.30 – 9pm**  **Tai Chi** | **5.30 – 6.30pm**  **Tai Chi Fan**  **7.00 – 8.00pm**  **Tai Chi – *beginners*** | **6.45 - 8.00pm**  **Pregnancy Yoga**  **8.15 – 9.30pm**  **Adult Yoga**  *(Breathing Space)* |  |

**Castle Community Centre, Barber’s Lane, Off Queensgate, Castle, Northwich, CW8 1DT.**

**For further information on any of our classes, or to book the hall please contact us on: 08456 182858**