***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**