

Monday	9.30am	Art	£1.00
	12.00pm	Improvers Line Dancing	£5.00
	1.15pm	Intermediate Line Dancing	£5.00
	1.45pm	Advanced Spanish	£4.00
	2.45pm	Beginners Line Dancing	£5.00
	2.00pm	Knit & Natter	£2.00

Tuesday	10.15am	One You: Strength & Balance	REF ONLY	
	12.00pm	Zumba Gold	£5.00	
	Bookable Slots	1 & 2pm	1-to-1 Computer Class	£5.00
	1.15pm	Bowls	£3.00	
	2.00pm	Friendship Group	FREE	
	3.15pm	Tai Chi	£5.00	

Wednesday	9.00am	Table Tennis	£3.00
	10.15am	Beginners Pilates	£5.00
	11.30am	Choir	£5.00
	11:30am	Tap Dancing	£5.00
	12.00pm	Lunch Club	(Booking Required)
	1.15pm	Handicrafts	£2.00
	1.30pm	Board/Card Games	£2.00
	1.30pm	Bingo	£1.00

Thursday	10.00am	Yoga	£5.00	
	10.00am	Spanish Intermediate	£4.00	
	10,11 & 12pm	1-to-1 Computer Class	£5.00	
	Bookable Slots	11.30am	Country Dancing	£3.50
	11.30am	Silver Swans Ballet	£5.00	

Friday	9.00am	Table Tennis	£3.00
	10.30am	Pilates	£5.00
	11.00am	Tea & Tech	£2.00
	11.45am	Walking Tennis	£5.00
	12.00pm	Lunch Club	(Booking required)
	1.00pm	Bowls	£3.00