The Allan Burgess Wanstead Activity Centre

2 Grove Park E11 2DL

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| Monday |
| 10.00am-11.00am | Zumba Exercise |
| 11.15am-12.15pm | Chair Based Exercise |
| 1.30pm-2.30pm | Zumba Exercise |
| 2.30pm-3.30pm | Zumba Exercise |
| Tuesday |
| 10.00am-12 noon | Craft Group: Various Activities |
| 10.00am-2.00pm | Computer Class (hourly sessions) |
| 10.30am-12.30pm | Art Class(over road at Cherry Tree) |
| 1.00pm-2.00pm | Zumba (over road at Cherry Tree) |
| 1.30pm-2.30pm | Chair Yoga |
| 1.45pm-3.15pm | Bridge Club |
| 2.00pm-3.00pm | Games-cards and board games etc |
| 2.00pm-4.00pm | Relax/Create (over the road at Cherry Tree) |
| Wednesday |
| 10.00am-12 noon | Knitting Club |
| 10.00am-2.00pm | Computer class (hourly sessions) |
| 10.30am-12 noon | Book Club (1st Wednesday each month) |
| 1.00pm-2.00pm | Computer Class (hourly sessions) |
| 2.00pm-3.00pm | Chair Based Exercise Class |
| Thursday |
| 10.00am-12 noon | Art Class |
| 2.00pm-3.00pm | Chair based Yoga |

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| Friday |
| 10.00am-11.00am | Chair Exercise |
| 2.00pm-3.00pm | Chair Exercise |

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| Saturday |
| 9.30am-12.30pm | Coffee Morning |

**You are welcome to include lunch with your visit, just book by 11.00am on the day.**

**There is a waiting list for IT training**

**For other activities, check with the Centre Manager if there are any places available.**

**We charge £3 for all activities, with £30 payable up front for 10 weeks.**

**For further information please contact Jackie on 020 8989 6338**

 