

Wanstead Activity Centre Timetable

Day	Morning activity	Afternoon activity
Monday	Yoga- 11:15-12:15pm	
Tuesday	Craft/knitting (fortnightly)- 10am-12pm	Zumba- 12-1pm Zumba- 1-2pm Bridge- 1:30-3pm
Wednesday	Computer classes- 10am-2pm Book club (Monthly- 1 st Wednesday of month) 10:30-11:30am	Chair exercise 2-3pm
Thursday	Art- 10am-12pm	Yoga- 2-3pm
Friday	Chair exercise- 10-11am	Chair exercise- 2-3pm

You are welcome to include lunch with your visit, just book by 11.00 am 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