

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Chair Exercise 10.30am – 11.30am with Lucy £4</p> <p>Chiropody Sessions 9am – 1pm <i>(twice a month)</i> appointments for members only</p> <p>Drop in computer sessions practice 10am - 12midday Free for members £1 for non-members</p> <p>Lunch Order by 11.15 please 12pm – 1.15pm</p> <p>Fit for Life 1.45pm – 2.45pm with Rachel £4 for members</p> <p>Line Dancing 3.00pm - 4.00pm with Brian £4</p>	<p>Hairdressing with Sue appointments for members only</p> <p>FiSH/Age UK Richmond Coffee 10.30am – 11am</p> <p>FiSH Talk 11am – 11.45am Donations</p> <p>Hearing Checks 10am – 1pm <i>(once a month)</i> Free</p> <p>Cooked Lunch 12pm – 1.15pm</p> <p>Bingo 1.30pm – 3.15pm 50p</p> <p>Poetry/reading Group 2pm – 3pm - Free <i>(twice a month)</i></p> <p>Tai-Chi 4pm - 5pm with Robin £4</p>	<p>Yoga 10am -11am with Edwina £4 <i>(Please bring own towel)</i></p> <p>Reflexology/Massage 11am – 3pm appointments for members only</p> <p>Tai- Chi 11.15am – 12.15pm with Robin £4</p> <p>Barnes Spinners 11am – 3pm <i>(twice a month)</i></p> <p>Mobility Pilates (Chair based - compromised mobility) 1.15pm - 2pm with Jenny £4</p> <p>Pilates 2.15pm – 3.15pm with Jenny £4 <i>(Please bring own towel)</i></p>	<p>Art Group 10am –12pm 50p</p> <p>Knitting Group 10.30am - 12.30pm 50p</p> <p>Hairdressing with Sue appointments for members only</p> <p>Zumba Gold 9.30 - 10.30am with Tara £4</p> <p>Lunch Order by 11.15 please 12pm – 1.15pm</p> <p>Indoor Bowls 2pm – 4pm 50p</p> <p>FiSH Bridge 2- 5pm <i>(twice a month)</i></p>	<p>Reading Group 10.45am – 12.00pm <i>(once a month)</i> - Free</p> <p>Yoga 9.15am - 10.30am with Edwina £4 <i>(Please bring own towel)</i></p> <p>Rambert Dance Co Elders programme FiSH dance session 10.45 -11.45 £5</p> <p>Manicurist <i>(once a month)</i> Appointments for members only</p> <p>Fish & Chips Lunch Order by 11.15 please 12pm - 1pm</p> <p>Temari (Japanese Thread balls) 1pm – 3.30pm <i>(once a month)</i></p> <p>Bingo 1.15pm – 3pm 50p</p>