

Barnes Green Social Centre 020 8876 2377

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Zumba 10am - 11am with Chloe</p> <p>Chiropody Sessions 9am – 1.30pm with Kevin <i>(twice a month)</i> Appointments only</p> <p>Body Strength 12am– 1pm with Victoria</p> <p>Computer sessions Appointments only</p> <p>Fit for Life with Rachel</p> <p><i>Group 1</i></p> <p>1.45pm</p> <p><i>Group 2</i></p> <p>3pm</p>	<p>Hairdressing 9am - 2pm with Sue Appointments only</p> <p>FiSH Cream Tea Preparation 10.00am – 3pm</p> <p>(in place of talks/lunch for the time being)</p>	<p>Building Strength (6-week course) 9.30am - 10.30 am with Sam</p> <p>Tai- Chi 10.45am – 11.45am with Robin</p> <p>Barnes Spinners 11am – 3pm <i>(twice a month)</i></p> <p>Pilates with Elena</p> <p><i>Group 1</i></p> <p>1.00pm</p> <p><i>Group 2</i></p> <p>2.30pm</p>	<p>Zumba Gold 10.00am - 11.00am with Sally</p> <p>Knitting Group 10.30am - 12.30pm (Lounge)</p> <p>FiSH Singing for the brain <i>(dates to be confirmed)</i></p> <p>FiSH Bridge 2pm – 5pm (Lounge)</p>	<p>Reading Group 11am</p> <p>Star FiSH dance session 10.45am -11.45am</p> <p>Bingo 1pm - 3.30pm (Lounge)</p> <p>Yoga 2.30pm - 3.30pm with Juliete</p>