

# Twickenham Wellbeing Centre 0208 538 9254

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center;"><b>Art Group</b> 9.30 – 12pm (50p)</p> <p style="text-align: center;">Massage, Reflexology, Indian Massage 10.00 - 3.30pm (Fortnightly)(appts) £20.00</p> <p style="text-align: center;"><b>Pilates with Kate</b> <i>(All levels)</i> 2.00 - 3.00pm <i>Bring towel along</i> £4</p>	<p style="text-align: center;"><b>Zumba Gold</b> 10.00 – 10.45am £4.00</p> <p style="text-align: center;"><b>GoLocal</b> Community Choir 11.00 to 11.45am (No Charge)</p> <p style="text-align: center;"><b>Man with a Pan</b> 12.00 to 2.00</p> <p style="text-align: center;"><b>Age of Grace with Emily</b> Different styles of movement and dance (it's never too late to dance) 2.30 - 4.00pm £6.00</p>	<p style="text-align: center;"><b>Yoga with Juliet</b> <b>10.00am - 11.00am</b> £4 Bring a Towel</p> <p style="text-align: center;"><b>Falls Class</b> <b>11.15 to 12.00</b></p> <p style="text-align: center;"><b>Tai-Chi Class</b> <b>with Robin</b> 12.30 to 1.30 £4</p> <p style="text-align: center;"><b>Line Dancing</b> <b>with Bryan</b> 2.00 to 3.00pm</p> <p style="text-align: center;"><b>IT Support</b> Please call Wellbeing Services on 020 8744 1965 to book an appointment</p>	<p style="text-align: center;"><b>Medium Impact</b> <b>Exercise Class</b> <b>with Kate</b> 9.30 – 10.30am £4</p> <p style="text-align: center;"><b>Hairdresser (Tina)</b></p> <p style="text-align: center;"><b>Pilates with Kate</b> <b>(All levels)</b> <b>10.45 - 11.45am</b> <b>£4.00</b></p> <p style="text-align: center;"><b>Health Walks</b> 11.00 (30 min) Last Thursday of each month (Meet outside Civic Centre)</p>	<p style="text-align: center;"><b>Yoga with Juliet</b> 9.45m – 10.45am £4 <i>Bring a Towel</i></p> <p style="text-align: center;"><b>Hairdresser Gay</b></p> <p style="text-align: center;"><b>Chair Exercise</b> <b>With Emily</b> 11.00 – 12.00 £4</p> <p style="text-align: center;"><b>Chiropody</b> <b>9.30 - 2.30</b> <b>(twice monthly)(appts)</b> <b>£20 members</b> <b>£25 non-members</b> <b>(Subject to change)</b></p> <p style="text-align: center;"><b>Exercise with Bryan</b> 12.30 to 1.30 £4.00</p> <p style="text-align: center;"><b>Drama Group</b> Rulis 3.00 - 5pm</p>

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