

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Art Group 9.30 – 12.00pm 50p</p> <p>Bridge Club 11.00 - 1.00pm 50p</p> <p>Massage, Reflexology, Indian Massage 10.00 – 3.30pm (Fortnightly) (appts) £20.00</p> <p>Yoga with Juliet 12.30 to 1.40 £4.00 <i>Bring a Towel</i> <i>Maximum 18 in class</i></p> <p>Pilates with Kate (All Levels) 2.00 -3.00pm <i>Bring towel along</i> £4.00</p>	<p>Zumba Gold with Tara 10.00 – 10:45 £4.00</p> <p>Hairdresser 10.00 – 2.00pm (Appts only)</p> <p>GoLocal Community Choir 11.00 to 12.00 (No Charge)</p> <p>Lunch Served at 12.30 £5.00</p> <p>Age Of Grace <i>Different styles of movement and dance</i> (It's never too late to dance) 2.00- 4.00pm £6.00</p>	<p>Exercise with Janet 10.30 – 11.30am £4.00</p> <p>Bridge Club 11.00 – 1.00pm (50p)</p> <p>Hairdresser 9.00 to 1.00pm (Appts only)</p> <p>Tai-Chi Class with Robin 3 – 4pm £4.00</p> <p>IT Support – Drop In £1 for non-members/no charge for members 1.30 - 3.30pm</p>	<p>Medium Impact Exercise Class – with Kate 9.30 – 10.30 (£4.00)</p> <p>Hairdresser 9am-1pm</p> <p>Pilates with Kate (All levels) 10.30 to 11.30 (£4.00)</p> <p>Poetry & Music Group 10.30am -12.00pm 50p</p> <p>Health Walks 11.00 (30 min) Last Thursday of each month (Meet outside Civic Centre)</p> <p>Falls Awareness Class 12.30 – 1.30 £4.00</p> <p>Richmond Mencap Job Club 3.15pm to 5.45pm</p> <p>Scrabble 2.00 – 4.00pm (50p)</p>	<p>Yoga with Juliet 9.30 – 10.45am £4.00 <i>Bring a Towel</i> <i>Maximum 18 in class</i></p> <p>Hairdresser 10.00 – 12.30pm (Appts only)</p> <p>Chair Exercise with Ann 11.00 – 12.00 £4.00</p> <p>Fish and chips Lunch 12.30 – 1.45pm</p> <p>Chiropody 9.30 – 2.10 (Twice Monthly)(appts) £15.00 (Subject to change) (Must be a member)</p> <p>Exercise with Janet 1.45 – 2.45 £4.00 (Starting 4 April 2018)</p> <p>One to One IT Any day (Book appointment with Gill on telephone no. 020 8744 1965)</p> <p>Centre Closed from 3.00pm</p>