

Barnes Green Social Centre 020 8876 2377

Monday	Tuesday	Wednesday	Thursday	Friday
<p>10am - 11am Zumba Gold with Ashia £4</p> <p>10am - 12pm IT Support Drop in (Lounge) (£1 non-members, no charge for members)</p> <p>9am – 1.30pm Chiropody Sessions with Kevin <i>(twice a month)</i> Appointments only £20 members</p> <p>12pm – 1pm Body Strength with Victoria £4</p> <p>1.30pm - 3.30pm Dementia Support Group (lounge)</p> <p>3.30pm - 4.30pm Fit for Life with Rachel (Book directly with Rachel 077 9180 858)</p>	<p>9am - 2pm Hairdressing with Sue Appointments only</p> <p>FiSH Talks (Mostly on Line) Contact FiSH directly</p> <p>9am – 3pm Cream Tea Preparation</p> <p>1.30 - 3.30pm Picasso in the park FiSH dementia art group Contact FiSH directly</p>	<p>10.45am – 11.45am Tai- Chi with Robin £4</p> <p>12pm – 1pm Creative Movement and dance with Kemal £4</p> <p>11am – 3pm Barnes Spinning Group (Lounge) <i>(twice a month)</i></p> <p>2pm – 4.45pm FiSH Bridge <i>(twice a month)</i> Contact FiSH directly</p> <p>1.30pm - 2.30pm Pilates with Elena £4</p>	<p>10am - 11am Zumba Gold with Sally £4</p> <p>10.30am - 12pm Knitting Group (Lounge) 50p</p> <p><i>Coming Soon</i> <i>IT Session Connect to Tech 12.30 - 2.30</i></p> <p>11.30am -12.30pm I.N.S. <i>Physiotherapy-led Exercise class for adults with neurological conditions</i> (Book directly with I.N.S. 020 8755 4000)</p> <p>2pm – 3.30pm FiSH Good afternoon Choir Contact FiSH directly</p>	<p>10.30am Reading Group (Lounge) <i>(once a month)</i></p> <p>10.00am - 11.30am Spark Wellbeing 7 week course (Lounge)</p> <p>10.45am -11.45am Star FiSH dance session Contact FiSH directly</p> <p>1pm - 3.30pm Bingo (Lounge) 50p</p> <p>1.30pm - 2.30pm Yoga with Juliete £4</p>

Please contact the office for further details