

Barnes Green Social Centre 020 8876 2377

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Zumba Gold 10am - 11am with Ashia £4</p> <p>Connect to Tech Drop in 10.15am - 12pm (Lounge) (£1 non-members, no charge for members)</p> <p>Chiropody Sessions 9am – 1.30pm with Kevin <i>(twice a month)</i> Appointments only £20 members</p> <p>Body Strength 12 – 1pm with Victoria £4</p> <p>Bodies of Water dance 1.15pm - 3pm with Alice (4 weekly sessions, no charge)</p> <p>Fit for Life 3.30pm - 4.30pm with Rachel Book directly with Rachel</p>	<p>Hairdressing 9am - 2pm with Sue Appointments only</p> <p>FiSH Talks (Currently online. Contact FiSH directly)</p> <p>Cream Tea Preparation 9am – 3pm</p>	<p>Tai- Chi 10.45am – 11.45am with Robin £4</p> <p>Barnes Spinning Group 11am – 3pm (Lounge) <i>(W.I. twice a month)</i></p> <p>Pilates 1.30pm - 2.30pm with Elena £4</p>	<p>Zumba Gold 10am - 11am with Sally £4</p> <p>Knitting Group 10.30am - 12pm (Lounge) 50p</p> <p>I.N.S. 11.30am - 12.30pm <i>Exercise class and physio</i> Contact I.N.S. directly</p> <p>FiSH Good afternoon Choir 2pm – 3.30pm Contact FiSH directly</p>	<p>Reading Group 10.30am (Lounge) <i>(once a month)</i></p> <p>Star FiSH dance session 10.45am -11.45am Contact FiSH directly</p> <p>Bingo 1pm - 3.30pm (Lounge) 50p</p> <p>Yoga 1.30pm - 2.30pm with Juliete £4</p>