

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Art Group 9.30 – 12.00pm 50p</p> <p>Bridge 10.30 to 12.30 50p</p> <p>Massage, Reflexology, Indian Massage 10.00 – 3.30pm <i>(Fortnightly) (appts)</i> £20.00</p> <p>Yoga with Juliet 12.30 to 1.40 £4.00 <i>Bring a Towel</i></p> <p>Pilates with Kate <i>(All Levels)</i> 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 <i>(Appts only)</i></p> <p>GoLocal Community Choir 11.00 to 12.00 <i>(No Charge)</i></p> <p>Age Of Grace <i>Different styles of movement and dance</i> <i>(It's never too late to dance)</i> 2.30 - 4.00pm £6.00</p>	<p>Exercise with Janet 10.30 – 11.30am £4.00</p> <p>Hairdresser 9.00 to 1.00pm <i>(Appts only)</i></p> <p>Dance of the Heart Meditation Dance Group 12.30 to 2.00 Last Wednesday of the month</p> <p>Line Dancing with Bryan 2.00 to 3.00 £4.00</p> <p>Tai-Chi Class with Robin 3.00 – 4.00pm £4.00</p> <p>IT Support – Drop In £1 for non-members/no charge for members 1.30 - 2.30pm</p>	<p>Medium Impact Exercise Class – with Kate 9.30 – 10.30 £4.00</p> <p>Hairdresser 9am-1pm</p> <p>Pilates with Kate <i>(All levels)</i> 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 <i>(Meet outside Civic Centre)</i></p> <p>Falls Prevention Class 12.30 – 1.30 £4.00</p> <p>Strength and Balance Class 1.45 to 2.45 pm £4.00 for members £5.00 for non members</p>	<p>Yoga with Juliet 9.30 – 10.45am £4.00 <i>Bring a Towel</i></p> <p>Hairdresser 10.00 – 12.30pm <i>(Appts only)</i></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 <i>(Twice Monthly)(appts)</i> £15.00 <i>(Subject to change)</i> (Must be a member)</p> <p>Exercise with Janet 1.45 – 2.45 £4.00</p> <p>One to One IT Any day <i>(Book appointment with Carol on telephone no. 020 8744 1965)</i></p> <p>Centre Closed from 3.00pm</p>