

Littlehampton Timetable

Please call 01243 827185 to book. All classes are £4 unless stated otherwise.

Food, Drinks and Snacks served from 9.30am to 2.30pm each day.

Holistic therapy appointments available on Monday 9am – 1pm.

Monday	10.30-11.30	Flower arranging with Teresa - £5.00
	13.00-13.45	Dance fit with Sam
	14.00-14.45	Floor-based Pilates with Sam
Tuesday	09.30-10.15	SIT2FIT with Sam - Muscle strengthening and balance class
	10.30-11.15	Breathe and Balance - co-ordination, exercise and breathing
	10.30-14.30	Card Making
	13.00-15.00	Film Club - £2.00
Wednesday	10.30-11.15	Breathe and Balance – co-ordination, exercise and breathing
	12.30-14.30	Curling - £2.00 (Starting on 23 rd March)
Thursday	09.30-10.15	Move to Improve with Sam
	10.00-12.00	Jewellery Art
	10.30-11.15	Happy Feet with Sam
	13.00-14.30	Bingo - £5.00
Friday	10.00-12.00	Friday Coffee Club
	11.00-11.30	Short Service in Chapel

All at Littlehampton United Church,
1 High Street, Littlehampton BN17 5EG



Registered charity: 1086323

www.ageuk.org.uk/westsussexbrightonhove/