

Monday	09.30-10.15	Movement & Flow with Sue	Main Hall	£4.00
	09.30-10.15	Pilates with Sam	Studio One	£5.00
	09.30-10.30	Fitness Activity (Over 60 Only, Book Direct 01903 884772)	Arundel Lido	£5.00
	10.30-11.15	Dancefit with Sam	Main Hall	£4.00
	10.30-11.15	Mindful Stretch with Sue	Studio One	£4.00
	11.30-12.15	Yoga & Meditation with Chris	Studio One	£5.00
	11.30-12.30	Tai Chi	Main Hall	£5.00
Activities	09.30-12.00	Darts	Games Room	£1.00
	09.30-14.00	Painting	Craft Room	£1.00
	13.00-15.00	Cribbage	Café	£1.00
	13.00-14.30	Quiz	Main Hall	£1.00
	13.00-15.00	Scrabble Club	Studio One	£1.00
Tuesday	09.30-10.15	Stretch & Flex with Chris	Main Hall	£4.00
	10.30-11.15	Sit to Fit with Chris	Main Hall	£4.00
	10.30-11.00	Bingo Wings with Mick	Games Room	£1.00
	11.15-12.15	Chemosize CU Fitter Class 1	Games Room	£4.00
	11.30-12.15	Back Management with Chris	Craft Room	£5.00
	12.00-12.45	Total Tone with Michelle	Studio One	£4.00
	12.30-13.30	Chemosize CU Fitter Class 2	Games Room	£4.00
Activities	10.00-12.30	Knit & Natter	Café	£1.00
	11.30-12.15	Brian's Class	Main Hall	£1.00
	13.00-15.00	Sequence Dancing	Main Hall	£1.00
	13.45-15.00	Table Tennis	Games Room	£1.00
Wednesday	09.30-10.15	Short Circuit (Core) with Joseph	Main Hall	£1.00 Trial Price
	10.30-11.15	Dance Party with Chris	Main Hall	£4.00
	11.00-11.30	Chair Exercise with Karen	Games Room	£1.00
	11.30-12.15	Pilates with Chris	Main Hall	£5.00
	12.45-13.30	Chair Dance with Sue	Studio One	£4.00
	13.45-14.30	Pole Fitness with Sue	Studio One	£4.00

Wednesday Activities	09.30-12.00	Model Making with Dave	Craft Room	£1.00
	10.00-11.30	Conversational French	IT Suite	£1.00
	12.30-14.30	Card Craft (To be confirmed)	Craft Room	£1.00
	12.45-15.00	Table Tennis	Games Room	£1.00
	13.00-15.00	Bingo	Main Hall	£1.00
Thursday Fitness Classes	09.30-10.15	Bands and Balls with Michelle	Studio One	£4.00
	10.00-11.00	Guided Walk (April to September Inclusive)	Café	£1.00
	10.30-11.30	Walking Football (Arun Sports Park, Ford Airfield)	Bognor FC	£3.00
	10.30-11.15	Gentle Yoga & Pilates Fusion with Chris	Main Hall	£5.00
	10.30-11.15	Fusion Fitness with Michelle	Studio One	£4.00
	11.30-12.15	Strengthen & Tone with Chris	Studio One	£4.00
	12.15- 13.00	Happy Feet with Michelle	Main Hall	£4.00
Activities	09.30-14.00	Painting	Craft Room	£1.00
	10.00-11.30	Choir (Fully Booked, but please enquire)	Games Room	£1.50
	11.00-13.00	Computer Drop-in (except 2nd Thursday in each month in Cafe)	IT Suite	£1.00
	13.15-15.00	Table Tennis (Singles Only)	Games Room	£1.00
	13.15-15.00	Carpet Bowls	Main Hall	£1.00
Friday Fitness Classes	09.30-10.15	Circuits with John	Main Hall	£4.00
	10.30-11.15	Dancefit with Sam	Main Hall	£4.00
	11.00-12.00	Gentle Yoga & Meditation (Book Direct with Jax on 07799 747377)	Games Room	£7.00
	11.30-12.15	Daneline Divas with Sam	Main Hall	£4.00
Activities	09.30-12.00	Flower Arranging	Craft Room	£5.00
	10.00-12.00	Calligraphy (To be confirmed)	Craft Room	£1.00
	10.00-12.00	Knit & Natter	Café	£1.00
	10.30-14.30	Family History (To be Confirmed)	IT Suite	£1.00
	12.30-15.00	Table Tennis	Games Room	£1.00
	13.00-15.00	New Age Curling	Main Hall	£1.00