

Laburnum Centre & Gym Weekly Timetable

All classes, activities and services must be BOOKED
Call 01243 827185 or email: info-arun@ageukwsbh.org.uk
Please contact reception for details of each class

Monday Fitness Classes	09.30-10.15	Movement & Flow with Sue	Main Hall	£4.00
	09.30-10.30	Fitness Activity (Over 60 Only, Book Direct 01903 884772)	Arundel Football Club	£5.00
	10.30-11.15	Pilates with Kerry	Main Hall	£5.00
	10.30-11.15	Gentle Pilates with Sue (Mindful Stretch)	Room One (Studio One)	£4.00
	11.30-12.30	Yoga & Meditation with Jax	Room One (Studio One)	£5.00
	11.30-12.30	Tai Chi	Main Hall	£5.00
	13.15-14.00	Indoor Cycling	Main Hall	£5.00
Activities	09.30-12.00	Painting	Room Two (Craft Room)	£2.00
	10.00-12.00	Family History (New Course starting in September/October)	Meeting Room (IT Suite)	(8 week course)
	12.30-13.30	Family History Self Help (Starting in September/October)	Meeting Room (IT Suite)	£2.00
	12.45-15.15	Table Tennis	Room Two (Craft Room)	£2.50
	13.00-14.00	NEW - Poetry Group (2nd Monday of each month starting June 9th)	Room One (Studio One)	£2.00
	13.00-15.00	Scrabble Club	Café Area	£2.00
Tuesday Fitness Classes	08.30-09.00	Indoor Cycling	Main Hall	£3.50
	09.30-10.15	Cardio Pop with Becky (Stretch & Flex)	Main Hall	£4.00
	10.30-11.15	Sit to Fit with Becky	Main Hall	£4.00
	12.30-13.15	Total Tone with Michelle	Main Hall	£4.00
	12.15-13.15	Chemosize CU Fitter	Room Two (Craft Room)	£5.00
Activities	09.30-12.00	Darts	Room One (Studio One)	£2.00
	11.30-12.15	Brian's Class	Main Hall	£2.00
	13.15-15.00	Carpet Bowls	Main Hall	£2.00
	13.30-15.00	NEW - Cribbage	Café Area	£2.00
	13.45-15.15	Table Tennis	Room Two (Craft Room)	£2.50
Wednesday Fitness Classes	09.30-10.15	Short Circuit (Core) with Joseph	Main Hall	£4.00
	10.30-11.30	Just Beat it with Zuleika	Main Hall	£4.00
	11.45-12.45	Next Level Strength & Balance	Main Hall	£7.00
	11.15-11.45	Chair Exercise (except 1st Wednesday of each month)	Room One (Studio One)	£2.00

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Wednesday	09.30-12.00	Model Making with Dave	Room Two (Craft Room)	£2.00
	10.00-11.30	Conversational French	Meeting Room (IT Suite)	£2.00
	10.30-12.00	Walk & Talk Group (April - September)	Meet in Cafe	£2.00
	12.45-15.15	Table Tennis	Room Two (Craft Room)	£2.50
	13.30-15.00	NEW - Games Table (dominoes, chess, card games etc)	Café Area	£2.00
	13.15-15.00	Bingo	Main Hall	£2.00
Thursday Fitness Classes	09.30-10.15	Just Beat It 2 with Zuleika	Main Hall	£4.00
	10.30-12.00	Walking Football (Ford Airfield) Call CU Fitter 07766 023216	Ford	£5.00
	10.30-11.15	Beginners Gentle Yoga with Jax	Room One (Studio One)	£5.00
	11.30-12.30	Hatha Yoga & Meditation	Room One (Studio One)	£7.00
	10.30-11.15	Fusion Fitness with Zuleika	Main Hall	£4.00
	11.30-12.15	Stretch & Tone (Pilates Style) with Michelle	Main Hall	£4.00
	12.20- 12.50	NEW - Seated Pilates with Michelle (Starts 15th May)	Main Hall	£3.50
Activities	09.30-12.00	Painting	Room Two (Craft Room)	£2.00
	11.00-13.00	Computer Drop-in	Café Area	£2.00
	13.15-15.00	Choir	Main Hall	£2.00
	13.30-15.00	NEW - Colouring & Connect	Café Area	£2.00
Friday Fitness Classes	09.30-10.15	Circuits	Main Hall	£4.00
	10.30-11.15	Dancefit with Suzanne	Main Hall	£4.00
Activities	09.30-11.00	Flower Arranging	Room Two (Craft Room)	£8.00
	11.30-12.15	Brian's Class	Main Hall	£2.00
	13.00-15.00	New Age Curling / Carpet Bowls	Main Hall	£2.00
	13.30-15.00	NEW - Knit & Natter	Café Area	£2.00