

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	£5.00
	09.30-10.30	Fitness Activity (Over 60 Only, Book Direct 01903 884772)	Arundel Football Club	£5.00
	10.30-11.15	Functional Fitness with Kate	Main Hall	£6.00
	10.30-11.15	Gentle Pilates with Sue	Room One (Studio One)	£6.00
	11.30-12.15	Yoga with Kate	Room One (Studio One)	£6.00
	11.30-12.30	Tai Chi with David	Main Hall	£6.00
	13.15-14.00	Indoor Cycling with John	Main Hall	£6.00
Activities	09.30-12.00	Painting	Room Two (Craft Room)	£2.00
	10.00-12.00	Family History (New Course starting in September)	Meeting Room (IT Suite)	(6 week course)
	13.00-14.30	Family History Self Help (Starting in September)	Meeting Room (IT Suite)	£2.00
	12.45-15.15	Table Tennis	Room Two (Craft Room)	£2.50
	13.00-14.00	Poetry Group (2nd Monday of each month)	Room One (Studio One)	£2.00
	13.00-15.00	Scrabble Club	Café Area/Room One (Studio One)	£2.00
Tuesday Fitness Classes	08.30-09.00	Indoor Cycling with John	Main Hall	£4.00
	09.30-10.15	Cardio Pop with Becky	Main Hall	£5.00
	10.30-11.15	Sit to Fit with Becky	Main Hall	£5.00
	12.30-13.15	Total Tone with Michelle	Main Hall	£5.00
	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	Cribbage	Café Area	£2.00
	13.45-15.15	Table Tennis	Room Two (Craft Room)	£2.50
Wednesday Fitness Classes	09.30-10.15	Move, Balance & Tone 1 with Joseph	Main Hall	£5.00
	10.30-11.30	Just Beat it with Kate	Main Hall	£5.00
	11.45-12.45	Next Level Strength & Balance with Grant	Main Hall	£8.00
	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
	13.30-15.00	Games Table (dominoes, chess, card games etc)	Café Area	£2.00
	13.15-15.00	Bingo	Main Hall	£2.00
Thursday	08.30-09.00	Indoor Cycling with John TBC	Main Hall	£4.00
	09.30-10.15	Just Beat It 2 with Sue	Main Hall	£5.00
	10.30-12.00	Walking Football (Ford Airfield) Call CU Fitter 07766 023216	Ford	£5.00
	10.30-11.15	Yoga with Kate	Room One (Studio One)	£6.00
	11.30-12.30	Hatha Yoga with Kate	Room One (Studio One)	£7.00
	10.30-11.15	Fusion Fitness with Sue	Main Hall	£5.00
	11.30-12.15	Stretch & Tone with Michelle	Main Hall	£6.00
	12.20- 12.50	Seated Pilates with Michelle	Main Hall	£4.00
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	Colouring & Connect	Café Area	£2.00
Friday	09.30-10.15	Move, Balance & Tone 2 with Joseph	Main Hall	£5.00
	10.30-11.15	Dancefit with Suzanne	Main Hall	£5.00
Activities	09.30-11.00	Flower Arranging	Room Two (Craft Room)	£8.00
	10.30-12.00	Scrapbooking (1st Friday of each month)	Room Two (Craft Room)	£2.00
	11.30-12.15	Brian's Class	Main Hall	£2.00
	13.00-15.00	Carpet Bowls	Main Hall	£2.00
	13.30-15.00	Knit & Natter	Café Area	£2.00