

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	Mindful Stretch with Sue	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)	£1.00
	10.00-12.00	Family History (Full)	Meeting Room (IT Suite)	£51 (8 week course)
	12.30-13.30	Family History Self Help	Meeting Room (IT Suite)	£1.50
	12.45-15.15	Table Tennis	Room Two (Craft Room)	£1.00
	13.00-14.30	Quiz	Room One (Studio One)	£1.00
	13.00-15.00	Scrabble Club	Café	£1.00
Tuesday Fitness Classes	08.30-09.00	Indoor Cycling	Main Hall	£3.50
	09.30-10.15	Stretch & Flex with Becky	Main Hall	£4.00
	10.30-11.15	Sit to Fit with Becky	Main Hall	£4.00
	10.30-11.00	Bingo Wings	Room Two (Craft Room)	£1.00
	11.15-12.15	Chemosize CU Fitter Class 1	Room Two (Craft Room)	£4.00
	12.30-13.15	Total Tone with Michelle	Main Hall	£4.00
	12.30-13.30	Chemosize CU Fitter Class 2	Room Two (Craft Room)	£4.00
Activities	09.30-12.00	Darts	Room One (Studio One)	£1.00
	10.00-12.30	Knit & Natter	Café	£1.00
	11.30-12.15	Brian's Class	Main Hall	£1.00
	13.15-15.00	Carpet Bowls	Main Hall	£1.00
	13.45-15.15	Table Tennis	Room Two (Craft Room)	£1.00
Wednesday Fitness Classes	09.30-10.15	Short Circuit (Core) with Joseph	Main Hall	£1.00
	10.30-11.30	Just Beat it with Zuleika	Main Hall	£1.00
	11.45-12.45	Next Level Strength & Balance	Main Hall	£5.00
	11.15-11.45	Chair Exercise with Karen (except 1st Wednesday of each month)	Room One (Studio One)	£1.00
	14.00-15.00	Cabaret Dance with Sue	Room One (Studio One)	£4.00



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



Wednesday	09.30-12.00	Model Making with Dave	Room Two (Craft Room)	£1.00
	10.00-11.30	Conversational French	Meeting Room (IT Suite)	£1.00
	11.30-12.30	Dominoes	Café	£1.00
	12.45-15.15	Table Tennis	Room Two (Craft Room)	£1.00
	13.15-15.00	Bingo	Main Hall	£1.00
Thursday	09.30-10.15	Just Beat It 2 with Zuleika (Starting 25th April)	Main Hall	£4.00
	10.30-12.00	Walking Football (Ford Airfield) Call CU Fitter 07766 023216	Ford	£5.00
	Fitness Classes 10.15-11.00	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 (Starting 25th April)	Main Hall	£4.00
	11.30-12.15	Stretch & Tone (Pilates Style) with Michelle	Main Hall	£4.00
	12.25- 13.10	Happy Feet with Michelle	Main Hall	£4.00
Activities	09.30-12.00	Painting	Room Two (Craft Room)	£1.00
	11.00-13.00	Computer Drop-in	Café	£2.00
	13.15-15.00	Choir	Main Hall	£1.00
Friday	09.30-10.15	Circuits	Main Hall	£4.00
	Fitness Classes 10.30-11.15	Dancefit with Suzanne	Main Hall	£4.00
Activities	09.30-12.00	Flower Arranging	Room Two (Craft Room)	£5.00
	11.30-12.15	Brian's Class	Main Hall	£1.00
	13.00-15.00	New Age Curling	Main Hall	£1.00

www.ageukwestsussex.org.uk [facebook.com/AUKWS](https://www.facebook.com/AUKWS)

[@AUKWS](https://twitter.com/AUKWS)

Registered Charity Number. 1086323

V8.2 - 15/04/24

Gym Opening Hours Monday - Friday 8.00am - 2.30pm

Foot Nurses Tuesday 9am - 4pm

Hairdressers open daily from 9.30am

Holistic Therapist Every 1st & 3rd Wednesdays 9am - 3pm