

Castle Community Centre Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	9am - 1.30pm Slimming World	10.30am – 12.30am Creation Station <i>(pre-school art group)</i>	10 – 11.30 am Yoga	10 –11am Tai Chi 11.30 - 12.30 Tai Chi	10am – 12 pm French Intermediate
Afternoon	11.30 – 1.30 pm French Beginners <i>(in the Tea Room)</i> 2.15 – 4.15 pm French Conversation	2 – 4 pm Castle Old Friends Club <i>(friendship group)</i>	12-1pm Keep fit/Exercise to Music 2 – 4pm Vision Support <i>1st Wed in the month only</i> 1.30pm – 3.30pm Computer Club <i>2nd Wed in the month only</i> 1.30pm – 3.00pm Dementia Activities Group <i>4th Wed in the month only</i>		1.30 – 2.30pm Body Moves
Evening	4.30pm – 9pm Slimming World	7.30 – 9pm Tai Chi	5.30 – 6.30pm Tai Chi Fan 7.00 – 8.00pm Tai Chi – <i>beginners</i>	6.45 - 8.00pm Pregnancy Yoga 8.15 – 9.30pm Adult Yoga <i>(Breathing Space)</i>	

Castle Community Centre, Barber’s Lane, Off Queensgate, Castle, Northwich, CW8 1DT.

For further information on any of our classes, or to book the hall please contact us on: 08456 182858