



WEEKLY ACTIVITIES

Tuesdays

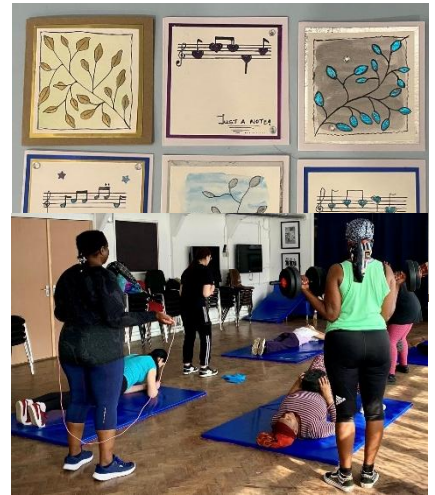
Watercolour art
10:00 AM – 12:00 PM

Watercolour pencils
10:30 AM – 12:30 PM

Fitness classes for all (16+)

1:00 PM – 2:00 PM: General fitness

2:00 PM – 3:00 PM: Tai Chi (for beginners)



Thursdays

Fitness classes for all (16+)

9:30 AM – 10:30 AM: Women's only fitness

10:30 AM – 11:30 AM: Chair-based exercise

Conversational ESOL classes
1:00 PM – 3:00 PM

Community Garden Group
11:00 AM – 1:00 PM

Boxing
5:00 PM – 6:00 PM

