

CREATIVE AND WELLBEING ACTIVITIES

TUESDAYS

Morning:

- Watercolour art (10:00 am - 1:00 pm)

Afternoon:

- Women's only pilates (5:30 pm - 6:30 pm)

THURSDAYS

Morning:

- Women's only circuits (9:30 am - 10:30 am)
- Chatty Chairs (10:30 am - 11:30 am)
- Garden group (10:30 am - 12:30 pm, subject to seasonal changes)

Afternoon:

- ESOL classes (1:00 pm - 3:00 pm, term time only)
- Boxing (5:00 pm - 6:00 pm, term time only - ages 9+ years)