



WEEKLY ACTIVITIES

Tuesdays

Ladie's fitness
10:00 AM – 11:00 AM

Watercolour painting
10:30 AM – 12:30 PM

Watercolour pencils
10:30 AM – 12:30 PM

Men's fitness
1:00 PM – 3:00 PM



Thursdays

Women-only exercise
9:30 AM – 11:30 AM

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

