

Weekly/Monthly Regular Diary

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:00					Available for non-regular bookings day/evening/weekend	Available for non-regular bookings day/evening/weekend	Available for non-regular bookings day/evening/weekend
09:30		Yoga 1 † 9.30 - 10.30	Pilates 9.30 - 10.30				
10:00							
10:30	Tai Chi for Parkinson's 10.30 - 11.30			Wenlock Clickers 10.30 - 12.00			
11:00							
11:30							
12:00							
12:30							
13:00							
13:30							
14:00		MW Carer Group 1st Tues in month 14.00 - 16.00 Available other Tuesdays		or U3A monthly 2nd Weds only 14.00 - 16.00			
14:30	Move It or Lose It 14.30 - 15.30		U3A Ukulele not 2nd Weds 14.30 - 16.00				
15:00							
15:30							
16:00							
16:30	PHMC meetings 16.00 - 18.00						
17:00							
17:30		Slimming World 17.30 - 19.30* (*finish 19.00 3rd Tues only)					
18:00				Yoga 18.00 - 19.00			
18:30	Mat Pilates 18.30 - 19.30		Yoga 3 not 3rd Weds 18.30 - 19.30				
19:00							
19:30		Civic Soc 3rd Tues in month 19.30 - 21.00		or WI monthly 3rd Weds only 19.00 - 21.00			
20:00				Fitness for Wellness 7.30 - 8.30			
20:30							
21:00							
21:30							
22:00							
22:30							
23:00							
23:30							
00:00							

Monthly	Weekly	Unavailable
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UNLESS OTHERWISE STATED, A 15-30 MINUTE GAP IS ALLOWED BETWEEN SESSIONS BOOKED BY DIFFERENT USERS TO ALLOW FOR ENTRY AND EXIT.