

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
<p><b>Zumba</b> 2.00-3.00pm</p> <p><b>AA</b> 7.15pm -9.15pm</p>	<p><b>Chiropody</b> <b>once</b> <b>monthly</b> by appointment</p> <p><b>Healthy</b> <b>lifestyles</b> <b>exercise</b> <b>class</b> 1.30-2.30pm</p> <p><b>Tae Kwondo</b> 3.45-5.45pm</p> <p><b>Yoga</b> 6.00-7.00pm</p> <p><b>Personal</b> <b>training</b> 7.15-8.15</p>	<p><b>Tai Chi</b> 10.30-11.30</p> <p><b>Personal Training</b> 11.30-12.30</p> <p><b>Social Dance</b> 1.30-3.00pm</p> <p><b>Self Defence</b> <b>Training</b> 7.30-8.30pm</p>	<p><b>Café*</b> (drink and 2 courses for £3) 10am-1.00pm</p> <p><b>Tai Chi</b> 2.00-3.00pm</p> <p><b>Personal</b> <b>Training</b> 7.00-8.00pm</p>	<p><b>Café</b> 10.00am -1.00pm</p>	<p><b>Children's</b> <b>football</b> 9.00am- 12noon</p> <p>Centre available for hire From 11.30am</p> <p>Centre available for hire From 12.30pm</p>	<p>Centre available for hire From 11.30am</p>

**Weekly sessions at the Beehive from Jan 2020**

