

AGE ACTIVE



276 6747 ACTIVITIES AT VICTORIA HALL

KEEP FIT

Mondays	10.15 - 11.15
Tuesdays	10.15 - 11.15
Wednesdays	10.15 - 11.15
Thursdays	10.15 - 11.15

ZHUMBA FITNESS

Tuesdays	12.20 - 1.10
Wednesdays	11.30 - 12.20
Thursdays	11.30 - 12.20

TAI CHI

Mondays	Beginners	10.15 - 11.15
Wednesdays	Beginners	12.00 - 1.00
Thursdays	Beginners	10.15 - 11.15

Mondays	11.30 - 1.00
Wednesdays	1.15 - 2.30
Thursdays	11.30 - 1.00

CHINESE YOGA & CHI KUNG

Thursdays	1.30 - 2.30
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LINE DANCING

Mondays	11.30 - 1.00
Tuesdays	1.20 - 2.50

Wednesdays, Thursdays & Fridays	
Beginners	12.30 - 1.30
Intermediate	1.45 - 3.00

SEQUENCE DANCING

Tuesdays	Absolute Beginners	10.00 - 12.00
Mondays	Easy Class	1.15 - 3.15
Fridays	Social	10.15 - 12.15
Tuesdays	Improvers	10.00 - 12.30

CRAFT CLASS

Tuesdays	11.00 - 1.00
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