

November-December 2019

	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U
1		Monday			Tuesday				Wednesday				Thursday				Friday			Saturday	
2		Narthex	Garden Room	Craft Room	Narthex	Garden Room	Craft Room	Studio 3	Narthex	Garden Room	Craft Room	Studio 3	Narthex	Garden Room	Craft Room	Studio 3	Narthex	Garden Room	Craft Room	Narthex	Garden Room
4	8:00-8:30			CCC Club			CCC Club				CCC Club				CCC Club				CCC Club	8.15 HIIT	
5	8:30-9:00			CCC Club			CCC Club				CCC Club				CCC Club				CCC Club	Bootcamp (October)	
6	9:00-9:30												Branching Out							9.15am-	9.15 am
7	9:30-10:00				Pilates								Branching Out	Boppin Bunnies				Pilates (Zoe)		Kumon	Yoga (Tessa)
8	10:00-10:30		Diddi Dance		Ankor	10:15am-				Les Petits Tigres			Branching Out	Boppin Bunnies	ESOL		Yoga (Caroline)	Pilates (Zoe)	MIND	Kumon	
9	10:30-11:00		Diddi Dance			Yoga				Les Petits Tigres			Branching Out	Boppin Bunnies	ESOL		Yoga (Caroline)		MIND	Kumon	
10	11:00-11:30				Table tennis	Yoga				Pilates Post-natal			Branching Out		ESOL				MIND	-11.15am	
11	11:30-12:00				Table tennis	-11.45am				11.45			Branching Out	Branching Out	ESOL		Baby Group		MIND		
12	12:00-12:30				Table tennis				12:15	Acupuncture			Branching Out	Branching Out			Baby Group		MIND		
13	12:30-1:00				Table tennis				Stretch & Strengthen	Hilltop			Branching Out	Branching Out			Baby Group		MIND		
14	1:00-1:30	CHI GONG							- 1.15pm	Community			Branching Out	Branching Out			Baby Group				
15	1:30-2:00	CHI GONG								12 noon-7pm			Branching Out				Baby Group				
16	2:00-2:30	CHI GONG	Feldenkrais														Baby Group				
17	2:30-3:00	ZUMBA	Yeu-Meng																		
18	3:00-3:30	ZUMBA		CCC Club			CCC Club				CCC Club				CCC Club					CCC Club	
19	3:30-4:00	3:45pm-		CCC Club			CCC Club				CCC Club		Kids Ballet (EOS)		CCC Club			3.45pm-	CCC Club		Achieving 11+
20	4:00-4:30	Kids Street Dance (EOS)	4:15pm-	CCC Club		Kids Ballet (Fairweather)	CCC Club				CCC Club		Kids Ballet (EOS)		CCC Club	Band Camp		Haya Drama	CCC Club		Achieving 11+
21	4:30-5:00	Kids Street Dance (EOS)	Kumon	CCC Club		Kids Ballet (Fairweather)	CCC Club		Haya Drama		CCC Club		Kids Ballet (EOS)		CCC Club	CHURCH	Haya Drama	Haya Drama	CCC Club		Achieving 11+
22	5:00-5:30		Kumon	CCC Club	Kids Ballet (Fairweather)	Kids Ballet (Fairweather)	CCC Club		Haya Drama		CCC Club		Kids Ballet (EOS)		CCC Club	Band Camp	Haya Drama	Haya Drama	CCC Club		Achieving 11+
23	5:30-6:00	Zumba	Kumon	CCC Club	Kids Ballet (Fairweather)	Kids Ballet (Fairweather)	CCC Club		Haya Drama		CCC Club		Kids Ballet (EOS)		CCC Club		Haya Drama	Haya Drama	CCC Club		
24	6:00-6:30	Zumba	-6.15pm	CCC Club	Kids Ballet (Fairweather)	Kids Ballet (Fairweather)	CCC Club		Haya Drama		CCC Club				CCC Club		Haya Drama	Haya Drama	CCC Club		
25	6:30-7:00	Yoga (Roberta)			Kids Ballet (Fairweather)	Kids Ballet (Fairweather)		Pilates	6.45pm-				Pilates (Eda)								
26	7:00-7:30	Yoga (Roberta)	Kettlebells		7.15pm-	Yoga		Ankor	Yoga (Mary)			Mindfulness	Pilates (Eda)	Sandbells		Maggy					
27	7:30-8:00	Yoga (Jean)	Kettlebells		Tai Chi	Yoga		Pilates	Yoga (Mary)	7.30pm -		Mindfulness	Pilates (Eda)	Kettlebells		Feldenkrais					
28	8:00-8:30	Yoga (Jean)	HIIT		Tai Chi	8.15-		Ankor	-8.15pm	AA			Pilates (Eda)	Kettlebells							
29	8:30-9:00	Yoga (Jean)			Tai Chi	GA		8.45		AA											
30	9:00-9:30					-9.45				-9.3											

CENTRE ACTIVITIES AT A GLANCE