

Weekly Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 ZUMBA GOLD - Centre 1	9:00 HOPE - English for Beginners - YWALC Room	9:00 Beginner Tap Dance - Centre 1	9:00 HOPE - English for Beginners - YWALC Room	9:00 Zoomba - Centre 1 & 2
9:30 It's Never too late (Italian Class) - YWALC Room	9:30 Fit for Life - Centre 1 & 2	9:30 Friendship Group - Games Room	9:00 Belly Dance - Games Room	9:30 Watercolour Painting - YWALC Room
9:30 Stretch & Tone - Centre 2	10:00 Low Vision Craft Group - MK Room	9:15 Bone Builders - Centre 2	9:30 Low Impact Fitness - Centre 1 & 2	10:00 Clogging - Centre 1
10:15 Modern Square Dance - Centre 1	10:30 ZUMBA GOLD - Games Room	9:35 Advanced Tap Dance - Centre 1	10:15 Fun and Easy Crafting with Paper - Games Room	10:00 Get Up & Go Fitness - Centre 2
10:30 Bone Builders - Centre 2	10:45 Low Stress Chair Fit - Centre 1 & 2	10:00 Knit & Stitch - MK Room	10:45 Chair Yoga - Centre 2	10:15 English Circle of Conversation - MK Room
10:30 Nordic Pole Walking - (Italian) - Games Room/Hallway	10:45 Nordic Pole Walking - Hallway	10:00 Nordic Pole Walking - Hallway	10:45 Nordic Pole Walking - Hallway	11:15 Strong Core - Better Balance Exercise - Centre 2
11:30 Stretch & Tone - Centre 2	11:30 Lunch Program - Kitchen	10:15 Stretch & Tone - Centre 2	11:00 Beginner Line Dancing - Centre 1	11:30 Lunch program - Kitchen
11:30 Lunch Program - Kitchen	12:00 Gentle Combo Yoga - Centre 2	11:30 Pilates - Centre 2	11:00 Easy Spanish Class - YWALC Room	12:00 AA Meeting - YWALC Room
12:00 AA Meeting - MK Room	12:00 Advanced Line Dancing - Off-site	12:30 Drum Fitness - Centre 1	11:30 Lunch Program - Kitchen	1:00 Craft Club Social - MK Room
12:30 Duplicate Bridge - YWALC Room	1:00 Plant , Paint & Chat - Games Room/Hallway	1:00 Bid Euchre - Centre 2	12:00 Yoga - Centre 2	1:00 Shuffleboard - Centre 2
1:30 Bingo - Centre 1	1:00 Karaoke for Fun - YWALC Room	2:00 Beginner Line Dancing - Centre 1	12:00 Intermediate Line Dancing - Centre 1	1:00 Social Bridge - Games Room
1:30 Dancing for People with Parkinson's - Games Room	1:00 Beginners Bridge - MK Room		1:00 Cribbage - MK Room	1:30 Movie Afternoon - Welcome Room
			1:15 Low Stress Chair Fit - Centre 2	
			1:45 Tai Chi - Centre 1	
				Spring 2018