

ACTIVITY SCHEDULE FOR 50s PLUS



DAYS:	MON	TUES	WED	THURS	FRI	SAT
9-10am						
10-11am		Deal A/C Centre - Otago Chair Based Exercise		Triangles Community Centre - Exercise & Stretch		Dover A/C Centre - Tai Chi Starting Sept
11-12pm						
12-1pm						
1-2pm	Sandwich A/C Centre - Chair Based Exercise					
2-3pm				2.30-3.30 Tower Hamlets Scout Hut - Tai Chi		
3-4pm		Buckland Community Centre - Active Exercise				
4-5pm	Priory Fields School - Jazz & Dancercise	White Cliffs School - Active 4 Life				
EVE						

For more information or to book contact:
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