

What's on

Castlefields Community Centre



Mondays

High Intensity Interval Training with Clare	9.00am - 10.00am
Movement Therapy	10.00am - 11.00pm
Wellbeing Enterprises Living Life to the Full. 8 week Course (Tel. 01928 589799 to Book)	10.00am -12.00pm
Castlefields Residents (3 rd in month)	2.00pm - 3.00pm
Rainbows and Brownies	5.00pm - 6.15pm
Mindfulness Course-Stress Reduction Tel 07773207427 to Book a Place	7.00pm – 9.00pm
Monster Circuits with Clare	7.30pm - 8.30pm

Tuesdays

Boxercise with Clare	9.15am – 10.00am
Stop Smoking	10.00am – 12.00pm
Stroke Rehab (GP Referral required)	10.00am – 11.30pm
Credit Union	10.30am - 11.45am
Easy Circuits with Chris	11.30am - 12.30pm
Yoga 4 weeks starting 21/08/2018- Wellbeing Enterprises	1.00pm – 3.00pm
Cake Decorating Class for Children (book a place 07715886151)	4.00pm - 5.00pm
Kettlercise with Clare	6.30pm - 7.30pm
Bingo	7.00pm - 9.00pm
Boxercise with Clare	7.30pm - 8.30pm

Wednesdays

Movement Therapy (Starting October)	10.00am -11.00am
Crafty Crafters- Card Making Group	11.00am -1.00pm
Tiny Dancers - A1 Dance	3.45pm - 5.15pm
Weight Watchers	6.00pm - 8.00pm
Councillors Surgery (2 nd in month)	7.00pm - 8.00pm
Monster Circuits with Clare	8.00pm - 9.00pm

Thursdays

Core Fitness with Clare	9.00am - 10.00am
Adult Learning within Reach IT Course Tel 0151 243 5340	9.00am - 4.00pm
Castlefields Stay and Play	9.30am -11.30am
Yoga	10.00am - 11.00am
HELPS Equipment	10.30am - 11.30am
Fit 2 Dance by A1 Dance (Over 50's)	11.15am -12.15pm
Over 50's Gentle Circuits with Clare	12.30pm - 1.30pm
DKS Karate for Children	4.30pm - 6.00pm
Kettlercise with Clare	6.00pm - 7.00pm
High Intensity Interval Training with Clare	7.00pm - 8.00pm
Councillors Surgery (4 th in month)	7.00pm - 8.00pm

Fridays

Creative Relaxation Course (starting 21/09/2018)	9.30am – 12.00pm
Gentle Exercise (chair-based - GP referral required)	10.30am - 3.30pm
Dynamite Dance School	4.30pm - 8.00pm
Tina Malone Drama	7.00pm - 9.00pm

Café with Free Wifi Open Monday to Friday 9.00am – 4.30pm



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Castlefields Community Centre
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Phone: 0151 511 7474
Email: CastlefieldsCC@halton.gov.uk 06/09/2018



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