



Mondays

Tots Workout (0151 420 5482)	10.00am – 11.00am
Yoga (No booking required)	10.00am – 11.00am
Mindful Movement Exercise (No booking required)	11.30am – 12.30pm
Line Dance (No booking required)	12.30pm – 1.30pm
Chair Based Exercise (No booking required)	1.30pm – 2.30pm
Andrew Curphey Theatre Company (E-mail office@actheatrecompany.c0.uk)	4.00pm - 8.15pm
Jujitsu (E-mail karljjabtinternet.com)	7.00pm - 8.00pm
Wine Circle (2 nd in month)	6.15pm - 8.30pm
Slimming World	4.00pm - 8.00pm

Tuesdays

Oxygen clinic (Referral only)	9.30am-1.00pm
Bloom toddler class (07966653989)	8.45am-12.45pm
Fresh Start (Exercise referral only)	10.30am-12.00pm
Bridge Club	1.30pm-4.30pm
Bingo	2.00pm -3.30pm
Zumba (No booking required)	7.00pm – 8.00pm
Tai Chi (E-mail liverpooltaichi@gmail.com)	6.00pm-7.30pm
Self Defence (As above)	7.45pm-9.15pm

Wednesday

Ditton Art Class	10.00am - 12.30pm
Tai Chi	1.30pm - 2.30pm
Over 50s Club	1.00pm - 3.00pm
Purple gecko dance (E-mail info@purplegeckofitness.com)	5.00pm - 8.00pm
Lane Bridge Club	7.00pm - 10.00pm
Fresh start(Exercise by referral)	6.30pm - 7.30pm

Thursdays

Pulmonary rehab (Referral only)	10.00am -2.00pm
Open 360 I.T class(E-mail info@open360.co.uk or text 07392 683385)	10.30am- 12.30pm
Bridge Club	10.00am-1.00pm
Slimming World (Call Gary 079894642876)	4.30pm-8.30pm
Yoga (07932917735)	6.00pm-7.00pm
Beavers	6.00pm-7.15pm
Cub's	7.30pm-8.45pm
Widnes Dog Training (Phone after 6.00pm 07715280911)	7.00pm-9.30pm

Fridays

Play all day (Children's centre 0151 420 5482)	10.00am-2.00pm
Chris Keep Fit	10.00am-11.00am
Alzheimer's (4 th Friday month)	1.30pm-4.30pm
Guitar club	1.00pm -4.00pm
Andrew Curphey Theatre Company	5.30pm-8.30pm
Scouts	6.30pm-9.00pm

SATURDAY

Tanza Dance 10am -1.00pm

SUNDAY

Deeper Christian Faith 10.00am –1.00pm

