

## Mondays

Yoga	10.00am – 11.00am
Mindful Movement Exercise	11.30am – 12.30pm
Line Dance	12.30pm – 1.30pm
Chair Based Exercise	1.30pm – 2.30pm
Andrew Curphey Theatre Company	4.00pm-8.15pm
Jujitsu	7.00pm-8.00pm
Wine Circle (2 <sup>nd</sup> in month)	6.15pm-8.30pm
Widnes Wonders (WI Last Monday of the Month)	7.00pm – 9.00pm

## Tuesdays

Oxygen Clinic (By Referral only)	9.30am – 1.00pm
Bloom toddler Class	8.45am – 12.45
Fresh Start (health checks referral only)	8.30am – 12.30
Fresh Start (Exercise by referral only)	10.30am-12.00
Bridge Club	1.30pm-4.30pm
Zumba	7.00pm – 8.00pm
Tai Chi	6.00pm-7.30pm
Self Defence	7.45pm-9.45pm

## Wednesdays

Keep Fit ( over 50s )	10.30am-11.30am
Ditton Art Class	10.00am – 12.30pm
Choir (Fortnightly)	12.30 – 2.30pm
Tai Chi	1.30pm-2.30pm
Over 50s Club	1.00pm-3.00pm
Purple Gecko Dance Class	5.00pm – 8.00pm
Lane Bridge Club	7.00pm-10.00pm
Fresh Start (Exercise by Referral)	6.00pm – 7.30pm

## Thursdays

Pulmonary Rehab (By Referral only)	10.00am – 2.00pm
Open 360 I.T Class	10.00am-1.00pm
Bridge Club	10.30am – 12.30pm
Beavers	6.00pm-7.15pm
Cub's	7.30pm-8.45pm
Widnes Dog Training	7.00pm-9.30pm

## Fridays

Chris Keep Fit	10.00am-11.00am
Alzheimer's (4 <sup>th</sup> Friday of Month)	1.30pm – 4.30pm
Purple gecko Dance	4.30pm – 6.00pm
Andrew Curphey Theatre Company	4.30pm-8.30pm
Scouts	6.30pm-9.00pm

## SATURDAY

**Tanza Dance 10.00AM -1.00PM**  
 Ditton Community Centre  
 Dundalk Road, Widnes, WA8 8DF Phone: 0151 511 8210  
[Ditton.CommunityCentre@halton.gov.uk](mailto:Ditton.CommunityCentre@halton.gov.uk)

## SUNDAY

