

# What's on Upton Community Centre

## Mondays

Café Open	9.00am - 1.00pm
Nifty Fifties Keep Fit to Music	10.00am - 11.30am
Upton Men's Talk, for all men aged 50+	12.30pm - 2.30pm
Nellys Netball	5.00pm - 7.00pm
Janet Birmingham School of Dance, Solo Latin Line dance/Beginner Sequence Dance	6.30pm - 8.30pm

## Tuesdays

Café Open	9.00am - 1.00pm
Stay Fit with Chris	9.30am - 10.30am
Big Dog Walker, Training	6.00pm - 8.00pm
Karate	6.30pm - 8.00pm

## Wednesdays

Café Open	9.00am - 1.00pm
Nifty Fifties Keep Fit to Music	10.00am - 11.00am
Yoga	12.00pm - 1.00pm
Janet Birmingham School of Dance, Improver Level Sequence Dance	6.30pm - 8.30pm

## Thursdays

Café Open	9.00am - 1.00pm
Chair Based Exercise	10.00am - 11.00am
Credit Union	10.00am - 11.00am
Art Class	10.00am - 12.00pm
Krafty Kids	4.30pm - 6.00pm
Karate	6.00pm - 8.00pm
Art Class	7.00pm - 9.00pm

## Fridays

Café Open	9.00am - 1.00pm
Karate	5.00pm - 6.00pm
Line Dancing	6.30pm - 8.30pm

## Saturdays

Private Bookings/Parties

## Sundays

Private Bookings/Parties

Meeting rooms and sports hall available for hire at competitive rates.  
For more information please contact the Centre.



18/7/22

Upton Community Centre  
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