

## **MONDAYS**

Little Fishes Toddler Group 10-11.30am—St. Marks Church Hall

Bingo 1pm Sport and Social Club

Line Dancing 7.30 Sport and Social Club

Yoga for All 9.15-10.15am Old School Hall 254 Lymington Road (by traffic lights)-Gill Taylor

## **TUESDAY**

Weightwatchers 1.30—St. Marks Church Hall

Zumba Gold 9.30 and 11.00-St Marks Church Hall

Mojive 8pm-11pm Sport and Social Club

Yoga for All 6-7.30pm Highcliffe School Dance Studio, Parkside -Gill Taylor

## **WEDNESDAY**

Jazz Night at the Lord Bute, 3 course menu £25.95

Bingo 7.30pm Sport and Social Club

Breakfast Yoga 8-8.40am St Marks Primary School –Gill Taylor

Mixed Ability Yoga 7-8.15pm Day Centre—Ali

## **THURSDAY**

Zumba Gold 10.00-St Marks Church Hall

Line Dancing 7pm beginners / 8pm intermediate Sport and Social Club

Yoga for All 9.30-11am and 11.15-12.15 Highcliffe Methodist Church Hall—Gill Taylor

Chair Yoga 2-3pm Highcliffe Methodist Church, Parlour Room

Relaxation (6 week course) 3.30-4.30pm Methodist Church, Parlour Room

Mixed Ability Yoga 10.30-11.45am Day Centre—Ali

**FRIDAY**

Dance Fit 11.15-12.30 St Marks Church Hall

**SATURDAY**

Live Music 6.30pm Sport and Social Club

Bowling Social Morning 9.30am Highcliffe Bowling Club, Nea Meadows

**SUNDAY**

Bingo 7.30 pm Sport and Social Club