

ARDEN HALL

	Start	Finish	
Monday	09:15	10:45	Jenny Line's Diet & Fitness
	11:00	12:00	Available
	01:30	04:00	Bridge
	06:00	09:00	Arden Dogs
Tuesday	09:15	10:15	Jenny Line's Keep Fit
	10:30	12:30	Available
	01:30	04:30	Shirley Floral Art Club
	01:30	04:30	2 nd Tues of month. Kingswood School
	05:30	08:00	P.K.A. Kick Boxing
Wednesday	09:30	11:30	Stretch N' Shape Keep Fit
	01:30	04:00	Widows United 1st week of month
	02:00	04:00	Pulmonary Rehab (GP referred)
	04:30	09:30	Harlequin Dance
Thursday	09:15	10:45	Jenny Line's Diet and Fitness
	11:00	02:00	Available
	02:30	03:30	Kingswood School
	06:30	10:30	Arden Bridge Club
Friday	09:30	11:30	Disco Fitness Pulmonary Rehab (GP Refferred)
	04:00	09:45	Harlequin School of Dance
Saturday	09:00	04:45	Harlequin School of Dance
	06:00	Onwards	Private Booking
Sunday	Closed	Closed	Closed

FOR ENQUIRIES CONTACT MRS G.PEAKE 0121 733 3270
MON-FRI 10.00AM TO 5.00P.M ONLY