Regular activities timetable

Dec 2015

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BCOT Dressmaking (term time only - dates on request) Four Lanes Room 10am - 12pm	Gardening Club – open to those over 55. Meet at the Osborne Room. 9am - 12pm	Pilates – Main Hall 10am – 11.00 am	Barn Tots Main Hall 9.45am – 11.45am	Memory Club Four Lanes Room Morning – 10.30am – 12.30pm Lunch – 12.30pm – 1pm Afternoon – 1pm – 3pm	Pilates – approx. once a month (please ask for dates) Times vary but these are generally held in the morning.	Healing Springs Church Every week in the Main Hall Times can vary
Messy Play – Splatter Monkeys. Osborne Room 10.45am – 11.30am Over 55s exercise – circuits Main Hall – 11am -12pm Birth to Beyond 5 week course during term time	Barn Tots Main Hall 9.30am -12pm BCOT Dressmaking (term time only - dates on request) Four Lanes Room 10am - 12pm	Hatha Yoga Main Hall 11.15am – 12.15pm Messy Play – Splatter Monkeys Osborne Room 10.30am – 12.00pm	Barn Bakers 5 week courses during term time Four Lanes Room 1.30pm – 2.30pm	Weight Watchers Main Hall 10.00am – 11.00am	JLD school of Dancing – 9.00-11.00am (Main Hall/Four Lanes Room)	
Four Lanes Room 1.00pm – 2.30pm	JLD school of dancing Ltd Main Hall 3.45 – 5.00pm	Chi Gung Osborne Room 12.30pm – 1.30pm	Chi Gung Osborne Room 5.30pm - 6.30pm	Speakability (every other Friday) 10am – 12pm	Musical Hedgehog Conference Room 5pm – 6pm	
Ukulele for beginners+ Osborne Room 4pm-6pm and 7pm-9pm Starts 8 th Feb	JLD school of dancing Ltd Four Lanes Room 5-7	BCOT Dressmaking (term time only - dates on request) Four Lanes Room 10am - 12pm	Pilates Main Hall 7pm - 8pm	Open Mic, Film Club Quiz nights (please ask for dates) 7.30pm start		
Phoenix martial arts Main Hall 6pm - 9.30pm Yoga Four Lanes Room 6pm – 7pm ends	Musical Hedgehogs Conference Room 5.30pm – 6.30pm Krav Maga Main Hall 7pm - 8.30pm	Harrow Way over 55s (every other week) 1pm - 4pm Slimming World Main Hall 5.30pm and 7.30pm	FHiit Four Lanes Room 7.30pm – 8.00pm Hypo Tone Four Lanes Room 8.15pm – 9.00pm			
NCT classes 7-9pm Starts 22 nd February Please ask for details Key to activities:	NCT classes 7-9 Starts 12 th April	Bastion Gaming Club Four Lanes Room 6pm – 10pm	Basingstoke and District Dog Training Club 8.00pm – 10.00pm			

Religious	BCOT courses	Community	Topic specific	Exercise	Viables Community	Weight	Martial	Music/Craft
Activities		Groups	clubs	activities	Association	management	Arts/Self-	activities
					activities	groups	Defence	