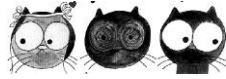


Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
GARDENING PROJECT 10.30am - 12.30pm Opposite Hocking Halls	PILATES with Emily 9.30am-10.30am Lower Hocking Hall	CHILDMINDERS' DROP IN £1 9.00am-12.00pm Early Years Hub	PILATES with Emily 9.30am-10.30am Lower Hocking Hall	MINDFUL YOGA with Belinda (term time only) 9.45am – 10.45am Upper Hocking Hall	ZUMBA with Jo 9.30am – 10.15am Lower Hocking Hall
SOCIAL CLUB FOR MEN OVER 55 11am-1pm Hocking Hall	OVER 60'S LUNCH CLUB 11.00am- 2.00pm + Every fortnight FREE manicure with Pang Lounge	HALF HOUR YOGA TONIC with Belinda (term time only) 9.30am – 10.00am Upper Hocking Hall	CHILDMINDERS' DROP IN £1 9.00am-12.00pm Early Years Hub	OVER 60'S LUNCH CLUB 11.00am – 2.00pm + Art drop-in FREE + Sing-Along session last Friday of the month 1.15pm – 2.15pm FREE Lounge	DYNAMIC FLOW YOGA with Emma 10.30am – 11.45am Lower Hocking Hall
OVER 60'S LUNCH CLUB 11.00am-2.00pm Lounge			OVER 60'S LUNCH CLUB 11.00am-2.00pm Lounge		
WALK AND TALK 12.30pm - 1.00pm Meeting at Whittington Park Café	KEEP FIT - BODY CONDITIONING 2.00pm-3.00pm Upper Hocking Hall	OVER 60'S LUNCH CLUB 11.00am-2.00pm + Chairbased Exercise Class with Tina 12.20pm-1.00pm FREE	STAY AND PLAY (for under 5s) 1.00pm-3.30pm / £1.00 Early Years Hub		THE WHITTINGTON PARK CAFÉ
BALLROOM DANCE 2.00pm-4.00pm £3.00 Upper Hocking Hall	WHITTINGTON PIANO CLUB (term time only) 3.00pm – 6.00pm Lounge		YERBURY AFTER SCHOOL CLUB (term time only) 3.45pm-6.00pm Lower Hocking Hall	YERBURY AFTER SCHOOL CLUB (term time only) 3.45pm-6.00pm Lower Hocking Hall	OPENING HOURS
WHITTINGTON PIANO CLUB (term time only) 3.00pm – 6.00pm Lounge	YERBURY AFTER SCHOOL CLUB (term time only) 3.45pm-6.00pm Lower Hocking Hall	PILATES with Steve 12.30pm-1.30pm Lower Hocking Hall	ARCHWAY CHIDI SOCIETY 4pm-5pm Dining Room		Monday to Friday 9am-5pm
YERBURY AFTER SCHOOL CLUB (term time only) 3.45pm-6.00pm Lower Hocking Hall	HATHA YOGA with Lisa 7.00pm-8.15pm Upper Hocking Hall	STAY AND PLAY (for under 5s) 1.00pm-3.30pm / £1.00 Early Years Hub			Saturday 10am-3pm
CHILDREN'S TAI CHI 5.15pm-6.15pm Upper Hocking Hall		ARGENTINE TANGO 2.00pm-4.00pm £3.00 Upper Hocking Hall			SUNDAY CLOSED
WU'S TAI CHI CHUAN ACADEMY 6.30pm-9.30pm Lower Hocking Hall		WHITTINGTON PIANO CLUB (term time only) 3.00pm – 6.00pm Lounge			The Whittington Park Café also does delicious catering and hosts children's parties.
HULA HOOPING 6.45pm-7.45pm Upper Hocking Hall		YERBURY AFTER SCHOOL CLUB (term time only) 3.45pm-6.00pm Lower Hocking Hall			Please call Sandra for more information: 0753 446 4466
THE YUKES UKULELE GROUP 7.30pm-10pm Lounge		WU'S TAI CHI CHUAN ACADEMY 6.30pm-9.30pm Lower Hocking Hall			CLASS TIMES MAY VARY
					Please contact the teachers in our 'What's On' page of our website www.whittingtonpca.org.uk for more info and to confirm classes are running