

Monday

Tuesday

Wednesday

Thursday

Friday

Online until further notice in accordance with Government instructions

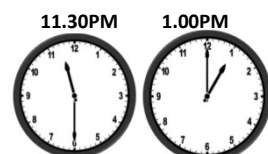
Yoga For All



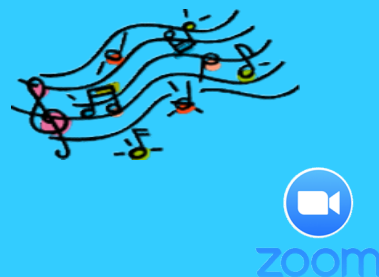
Healthy Cooking



Share your homemade cooking experience



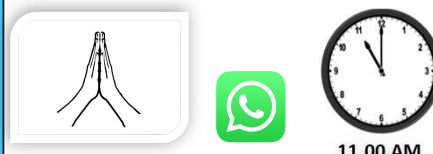
Music Quiz



Boxing



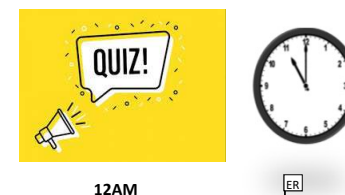
Self Massage



Yoga For All



Supa Quiz

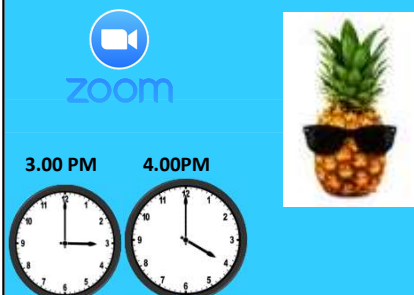


For enquiries call Sophie 07483 088952/Sonia 07796 173090 or email sledgister@equalpeoplemencap.org.uk

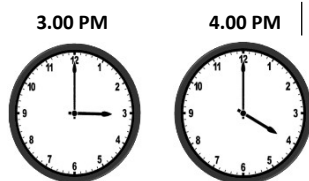
Bingo



Social Group



Sport for Confident



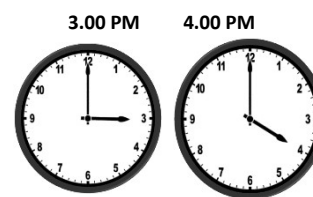
Pre-Amici Dance Therapy



4.30 PM



Arts & Crafts



Zumba



3.00 PM



NATIONAL LOTTERY FUNDED