

The Next Step: Activities

Monday	Tuesday		Wednesday	Thursday		Friday
	9.30 Breakfast Club, Free			10.30		
Yoga For All Free	Healthy Cooking Free	Photography £7.50	Healthy Cooking Free	Healthy Cooking Free	Zumba Free	Massage & Relaxation £8 <small>must be booked in 10 week blocks (£80)</small>
	10.00 Drop In Session, £2.50			4.00		
Boccia Free	Independent Living £5.00	Cricket Free	Football Free	Yoga For All Free		
Computer Group £5.00	Swimming £3.05	Music/Culture Group Free	Gardening Free	Baking Free	Pre-Amici Dance Therapy Free	
		Music group, St philips Earls Ct Free	Harrington Club £3.50			