



**\*\* Session run but external provider in partnership with LBBD council**

<b>Monday</b>		
<b>Class</b>	<b>Time</b>	<b>Venue</b>
Line Dancing	10am to 12noon	Valence Community Hub
Hatha Yoga (Women only)**	10am to 11am	Barking Learning Centre
Yoga and Relaxation *	10am to 11.30am	Abbey Leisure Centre
Chair Exercise	12.30pm to 1.30pm	Thames Community Hub
FitSteps	1pm to 2pm	Valence Community Hub
Pilates	1pm to 2pm	Adult College, Parsloes Avenue
Meditation	2pm to 3pm	Adult College, Parsloes Avenue
Tai Chi	2.30pm to 3.30pm	Valence Community Hub
<b>Tuesday</b>		
<b>Class</b>	<b>Time</b>	<b>Venue</b>
Chair Zumba**	11am to 12noon	37A Vicarage Field Shopping Centre
Line Dancing	12.15pm to 1.30pm	Wantz Community Centre
Darts & Snooker	12noon to 3.45pm	Wantz Community Centre
Darts	1.30pm to 3.30pm	Barking Learning Centre
Tea Dance	2pm to 3.45pm	Wantz Community Centre
Yoga and Relaxation	2.15pm to 3.45pm	Fanshawe Community Centre
Hatha Yoga * (£4)**	5.30pm to 6.30pm	Valence Community Hub
<b>Wednesday</b>		
<b>Class</b>	<b>Time</b>	<b>Venue</b>
FitSteps	10am to 11am	Park Active Age Centre
Yoga and Relaxation	10am to 11.30am	Hedgecock Community Centre
Yoga and Meditation (Seated)	11am to 12.15pm	Valence Community Hub
Walking Football *	11.30am to 12.30pm	Becontree Heath Leisure Centre
Chair Exercise	11.30am to 12.15pm	Park Active Age Centre
Chair Zumba**	11.30am to 12.30pm	Dagenham Library
Talking Therapies Walk**	12noon to 1pm	Meet Church Elm Medical Centre
Yoga and Meditation (Mat based)	12.30pm to 1.45pm	Valence Community Hub
Zumba Gold	1.50pm to 2.50pm	Valence Community Hub
<b>Thursday</b>		
<b>Class</b>	<b>Time</b>	<b>Venue</b>
Darts and Table Tennis	9.45am to 11am	Park Active Age Centre
Yoga & Meditation	10am to 11.15am	M&B Sports Club
Short Mat Bowls	10am to 12noon	Ripple Centre
Tai Chi	11am to 12noon	Park Active Age Centre
Self Defence / First Aid	11.30am to 12.30pm	Valence Community Hub
Supple Strength	11.30am to 12.30pm	M&B Sports Club
Zumba Gold	12.45pm to 1.30pm	M&B Sports Club
Pilates	2.30pm to 3.30pm	Becontree Heath Leisure Centre
Zumba Gold	3.30pm to 4.30pm	Park Active Age Centre
Zumba**	7.30pm to 8.30pm	Ripple Centre
<b>Friday</b>		
<b>Class</b>	<b>Time</b>	<b>Venue</b>
Led Walk**	10am to 11.30am	Eastbrookend Country Park
Hatha Yoga**	10am to 11.15am	Dagenham Library
Chair Exercise	10.30am to 11.15am	Online
Line Dancing	10.30am to 12noon	Chadwell Heath Community Centre
Boccia	10.45am to 11.45am	Chadwell Heath Community Centre
Zumba Gold	12.30pm to 1.30pm	Chadwell Heath Community Centre
Ballroom Dancing *	1.30pm to 2.30pm	Abbey Leisure Centre

## Venue Details:

**Abbey Leisure Centre**, Bobby Moore Way, Barking IG11 7LX

**Adult College**, Parsloes Avenue, Dagenham

**Barking Learning Centre**, 2 Town Square, Barking IG11 7NB

**Becontree Heath Leisure Centre**, Althorne Way, Dagenham RM10 7AY

**Chadwell Heath Community Centre**, High Road, Chadwell Heath, Romford RM6 6AS

**Church Elm Medical Centre**, Church Elm Lane, Dagenham RM10 9RR

**Dagenham Library**, 1 Church Elm Lane, Dagenham RM10 9QS

**Eastbrookend Country Park**, Dagenham Road, Dagenham RM7 0SS

**Fanshawe Community Centre**, Barnmead Road, Dagenham RM9 5DX

**Hedgecock Community Centre**, 28 Stephen Jewers Gardens, Barking IG11 9FA

**M&B Sports Club**, Dagenham Road, Dagenham RM7 0QX

**Ripple Hall**, Ripple Road, Barking IG11 7PB

**Valence Community Hub**, Becontree Avenue, Dagenham RM8 3HT

**Park Active Age Centre**, Rectory Road, Dagenham RM10 9SA

**Thames Community Hub**, Bastable Avenue, Barking IG11 0LH

**Wantz Community Hall**, Rainham Road, Dagenham RM10 7NL

**37A Vicarage Field Shopping Centre**, Ripple Road, Barking IG11 8DQ

To find out more about the programmes on offer:

Email: [healthy.lifestyles@lbbd.gov.uk](mailto:healthy.lifestyles@lbbd.gov.uk) Telephone: 020 8724 8018

