



Our basic membership includes access to all activities highlighted in orange

The Premium membership includes access to all activities

# Monday

Time	Session	Venue	Membership
11am to 12noon	Mat Based Yoga	Park Centre	Premium
10.15am to 12.15pm	Line Dancing	Valence Community Hub	Premium
12.30pm to 1.30pm	Chair Based Yoga and Meditation	Park Centre	Premium
1pm to 2pm	Zumba Gold	Valence Community Hub	Premium
2.30pm to 4pm	Line Dancing / Barn Dancing	Park Centre	Premium
12.30pm to 3pm	Bingo*	Barking Learning Centre	Basic

## Tuesday

Time	Session	Venue	Membership
12.15pm to 1.30pm	Line Dancing	Wantz Community Centre	Premium
12noon to 3.45pm	Darts & Snooker	Wantz Community Centre	Basic
12.30pm to 3pm	Bingo* (starts 16 September)	Park Centre	Basic
1.30pm to 3.30pm	Arts & Crafts	Barking Learning Centre	Basic
1.30pm to 3.30pm	Darts	Barking Learning Centre	Basic
2pm to 3.45pm	Tea Dance	Wantz Community Centre	Premium

## Wednesday

Time	Session	Venue	Membership
10am to 11am	Yoga and Meditation (Mat Based)	Valence Community Hub	Premium
11.15am to 12.15pm	Yoga and Meditation (Seated)	Valence Community Hub	Premium
12.30pm to 3pm	Bingo*	Park Centre	Basic
12.30pm to 3.30pm	Hoy	Barking Learning Centre	Basic
12.30pm to 1.30pm	Zumba Gold	Valence Community Hub	Premium

\* There is a charge to Bingo sessions for the books and other games



Time	Session	Venue	Membership
10.15am to 11am	Zumba Gold	Valence Community Hub	Premium
10am to 12noon	Short Mat Bowls	Ripple Centre	Basic
10am to 11am	Zumba Gold	Park Centre	Premium
10.30am to 12noon	Knit and Natter	Park Centre	Basic
11am to 12noon	Tai Chi	Park Centre	Premium
12.30pm to 1.15pm	Chair Exercise	Valence Community Hub	Premium
12.30pm to 3pm	Bingo*	Park Centre	Basic
12.30pm to 3pm	Bingo*	Barking Learning Centre	Basic

Time	Session	Venue	Membership
10.00am to 12noon	Card Games Club	Chadwell Heath CC	Basic
10.15am to 11.45am	Line Dancing	Chadwell Heath CC	Basic
11.00am to 11.45am	Chair Exercise	Chadwell Heath CC	Premium
12noon to 12.45pm	Zumba Gold	Chadwell Heath CC	Premium
12.30pm to 2.30pm	Bingo*	Chadwell Heath CC	Basic

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