

# AGE ACTIVE

ACTIVITIES AT VICTORIA HALL  
216 6747



## KEEP FIT

Mondays	10.30 - 11.30
Wednesdays	10.30 - 11.30
Thursdays	10.30 - 11.30

## ZHUMBA FITNESS

Tuesdays	12.30 - 1.20
Wednesdays	11.40 - 12.30
Thursdays	11.40 - 12.30

## TAI CHI

Mondays	Beginners	10.30 - 11.30
Thursdays	Beginners	10.30 - 11.30

## LINE DANCING

Mondays	11.40 - 1.10
Tuesdays	1.30 - 3.00
<b>Wednesdays, Thursdays &amp; Fridays</b>	
Beginners	12.45 - 1.45
Intermediate	2.00 - 3.15

## SEQUENCE DANCING

Tuesdays	Beginners	10.20 - 12.20
Mondays	Easy Class	1.20 - 3.20
Fridays	Social	10.30 - 12.30
Tuesdays	Social	10.20 - 12.20

## CRAFT CLASS

Tuesdays	11.00 - 1.00
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