

MONDAY

09:15 - 10:15 Pilates
10.45 - 11.45 Pilates
10:30 - 11:30 Zumba Gold
12:30 - 14.00 Yoga
14:00 - 16:00 U3A Social History
17.30 - 18.30 Yoga
19:00 - 22:00 Games Society
19:00 - 21:00 Art Group
19.30 - 21.00 Recovery Group

TUESDAY

10:30 - 12:30 WEA Improve your Confidence
10:30 - 11:45 St Helen's Tai Chi
11:00 - 13:00 Pilates
13.00 - 15.30 WEA Art for Everyone
18:00 - 20:30 Pilates
19:30 - 21:30 Tai Chi
19:15 - 21:15 Stonegravels Ladies Club

WEDNESDAY

09:45 - 11:15 Little Chatter Books
10:00 - 12:00 WEA Meditation & Mindfulness
12:45 - 14:45 WEA Yoga
14.30 - 15.30 St Helens Walking Group
(Every 12 Weeks)
18:45 - 21:45 Qigong
19:00 - 20:30 AA Group
19:00 - 22:00 Games Society
19:30 - 21:30 St Helen's Local History
(Every 3rd Wednesday)

THURSDAY

09:30 - 11:30 Art Group
13:00 - 15:00 WEA Computers
13:00 - 14:00 Mess Around
18:00 - 19:00 Elation Dance Fitness
20:00 - 21:30 Meditation for Mums

FRIDAY

09:15 - 13:15 Age UK- Footcare (Every 6 Weeks)
10:00 - 11:00 Zumba Gold Toning
13:00 - 15:00 WEA Family History Workshop
13:00 - 14:30 Lunch Club (Fortnightly)
17:00 - 20.00 Fit Steps
19:30 - 22:30 Refugees from Reality

SATURDAY

09:00 - 15:00 School of Dance
09:00 - 11:00 School of Dance