



<b>Monday</b>	09:00 - 11:30	Tiny Tekkers	Main Hall (Ground Floor)	hello@tinytekkers.com
	09:30 - 10:30	Zumba	Studio (First Floor)	bodymovesfitness@hotmail.com
	09:30 - 10:30	Postnatal Exercise	Board Room (First Floor)	catherine@rpassociates.eu
	10:45 - 11:45	Baby Massage	Board Room (First Floor)	toni@theblissfulgroup.co.uk
	11.45 - 12.30	Step it up Fitness	Main Hall (Ground Floor)	kevinmottleybootcamp@gmail.com, 07748 910075
	14:00 - 15:00	Age UK - Tai Chi	Studio (First Floor)	Enquire at Reception
	18:00 - 19:00	FitSteps	Main Hall	debbie.mclean3@hotmail.com
	1900 - 20:00	Yogalates	Studio (First Floor)	iwona.pilates@gmail.com
20.00 - 21:00	Martial Arts	Main Hall	info@rarebreedmartialarts.co.uk	
<b>Tuesday</b>	08:30 - 14:00	Tumble Tots	Main Hall	brighton@tumbletots.com
	10:00 - 15:00	Dementia DayBreak	Studio (First Floor)	Enquire at Reception
	18:30 - 22:00	Burgess Hill Social Dance Club	Main Hall	info@bhsc.co.uk
<b>Wednesday</b>	09:30 - 11:30	Tiny Tekkers	Main Hall	hello@tinytekkers.com
	09:15 - 10:15	Keep Fit	Board Room (First Floor)	iwona.pilates@gmail.com
	09:30 - 10:30	Zumba	Studio (First Floor)	bodymovesfitness@hotmail.com
	10:45 - 12:30	VB Dance	Studio (First Floor)	admin@vbdance.com
	11:30 - 12:30	Cardiac Rehab	Main Hall	bouncebackcardiacrehab@gmail.com
	13:45 - 15:15	Age UK - Curling	Studio (First Floor)	Enquire at Reception
	14:00 - 15:00	Zumba Gold - Over 50s & Beginners	Main Hall	07711243241 or Drop In (£8 a class)
	18:00 - 19:00	Yogalates	Studio (First Floor)	iwona.pilates@gmail.com
	18:45 - 20:00	Zumba	Main Hall	bodymovesfitness@hotmail.com
20:00 - 21:00	Martial Arts	Main Hall	info@rarebreedmartialarts.co.uk	
<b>Thursday</b>	09:15 - 10:15	Kettlebells	Studio (First Floor)	rebecca.moore@broccoliandbiceps.co.uk
	10.00 - 11.00	Age UK - Chairobics	Main Hall	Enquire at Reception
	11.00 - 12.00	Age UK - Tai Chi	Main Hall	Enquire at Reception
	14:00 - 16:00	Age UK - Art Club	Studio (First Floor)	Enquire at Reception
	14:00 - 16:00	Family and Social History Club (Every 4th Thursday)	Board Room (First Floor)	Jill 07880 544943 or Pat 07935 986244
	18:00 - 19:00	Pilates with Lucy	Board Room (First Floor)	lucybpilates@outlook.com
18:00 - 21:00	Karate	Main Hall	jason.marle2@gmail.com	
<b>Friday</b>	09:00 - 10:00	Pilates	Main Hall	bodywithanita@gmail.com
	10:00 - 11:00	Dance Fitness	Main Hall (Ground Floor)	body with anita@gmail.com
	09:30 - 11:30	The Tai Chi Effect	Studio (First Floor)	relax@taichieffect.com
	10:00 - 13:30	Age UK - Lunch Club	Board Room (First Floor)	Enquire at Reception
	11.15 - 12.00	Jade Mountain	Main Hall (Ground Floor)	kevinmottleybootcamp@gmail.com, 07748 910075
	14.00 - 16.00	Knit and Natter	Lobby upstairs	Su Colemon - 07891 591806
	18:00 - 19:00	Kettlebells	Studio (First Floor)	rebecca.moore@broccoliandbiceps.co.uk
	18:30 - 19:30	GKR Karate	Main Hall (Ground Floor)	region38ukgkr@karate.com
19:15 - 20:15	Martial Arts	Studio (First Floor)	info@rarebreedmartialarts.co.uk	
<b>Saturday</b>	09:00 - 12:00	Tiny Tekkers	Main Hall (Ground Floor)	hello@tinytekkers.com
	10:00 - 11:00	Yogalates	Studio (First Floor)	iwona.pilates@gmail.com
<b>Sunday</b>	10:30 - 11:30	Martial Arts	Studio (First Floor)	info@rarebreedmartialarts.co.uk