



Monday	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
	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
	1800 - 20:00	Yogalates	Studio (First Floor)	iwona.pilates@gmail.com
	20.00 - 21:00	Martial Arts	Main Hall	info@rarebreedmartialarts.co.uk
Tuesday	08:30 - 14:00	Tumble Tots	Main Hall	brighton@tumbletots.com
	10:00 - 15:00	Dementia DayBreak	Studio (First Floor)	Enquire at Reception
	18.00 - 19.00	Yogi Tides Yoga - AD-HOC (Contact Steph)	Studio (First Floor)	Yogitides@gmail.com
	18:30 - 22:00	Burgess Hill Social Dance Club	Main Hall	info@bhsdc.co.uk
Wednesday	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
	10:45 - 12:45	Solas (2nd Wednesday of Month)	Board Room (First Floor)	solas22@btinternet.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	
Thursday	09:15 - 10:15	Kettlebells	Studio (First Floor)	rebecca.moore@broccoliandbiceps.co.uk
	10:00 - 11:00	Age UK - Chairbics	Board Room (First Floor)	Enquire at Reception
	11:00 - 12:00	Age UK - Tai Chi	Board Room (First Floor)	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)	Studio (First Floor)	Jill 07880 544943 or Pat 07935 986244
	18:00 - 21:00	Karate	Main Hall	jason.marle2@gmail.com
Friday	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
	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
Saturday	10:00 - 11:00	Yogalates	Studio (First Floor)	iwona.pilates@gmail.com
Sunday	10:30 - 11:30	Martial Arts	Studio (First Floor)	info@rarebreedmartialarts.co.uk