



dash TIMETABLE

Monday	Tuesday	Wednesday	Thursday	Friday
Boccia Zumba	Bingo	Golf	Boccia Zumba	Football
Lunch 12.30-1.00pm				
Karaoke Boxing	Karaoke Seated Exercise	Karaoke Arts & Crafts	Karaoke Line Dancing	Karaoke Games

Morning sessions: 10.30am-12.30pm (cost £5)

Afternoon sessions: 1.00pm-3.00pm (cost £5)

The DASH Hub will remain open till 4pm each day

The DASH Hub
1 Crown Walk
The Pavilions Shopping
Centre
Uxbridge
UB8 1GX