

dash TIMETABLE

| Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------------|------------------|-----------------------------|----------------------------|------------------------|
| Boccia Zumba | Bingo | Golf | Boccia Zumba | Football |
| Lunch 12.30-1.00pm | | | | |
| Karaoke Multisports | Karaoke Dance | Karaoke Arts & Crafts | Karaoke Line Dancing | Karaoke Multisports |

Morning sessions: 10.30am-12.30pm (cost £5.50)

Afternoon sessions: 1.00pm-3.00pm (cost £5.50)

The DASH Hub will remain open till 4pm each day

The DASH Hub
8th Hayes Scout Hall
Len Taylor Close
Hayes
UB4 8DE