



Monday

Tuesday

Wednesday

Thursday

Friday

 Curling	Bingo 	Aerobics 	Golf	Multisport 
Boccia	Ten Pin Bowling	Yoga	Keep Fit	
Lunch 12.30-1.00pm 				
 Multisports	Seated Football	Karaoke	Line Dancing 	Karaoke
 Games	Assault Course	Arts & Crafts	Bowling	Tennis 
		Multisports		

Morning Session

10.30am-12.30pm

£4

Afternoon Session

1.00pm-3.00pm

£4