

# dash TIMETABLE

Monday	Tuesday	Wednesday	Thursday	Friday
Curling Boccia	Bingo	Golf	Zumba Yoga	Drama
Lunch 12.30-1.00pm				
Boxing Karaoke	Karaoke Seated Keep Fit	Karaoke Arts & Crafts	Karaoke Line Dancing	Karaoke Football Tennis

Morning sessions: 10.30am-12.30pm (cost £4)

Afternoon sessions: 1.00pm-3.00pm (cost £4)

The DASH Hub will remain open till 4pm each day

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