

Haywards Heath Timetable



Please call 01444 450248 or email
haywardsheath@ageukwestsussex.org.uk to book.

Fitness classes & Choir £4. Art £5 Thursday Community Club £5

MONDAY 10.30 - 12.00 Art Club - Café with Cara
14.00 - 15.00 Choir - Café with Cara

TUESDAY 09.15 -10.00 Chairbics - Activity room with Vanessa
10.15 - 11.00 Chairbics – Activity room with Vanessa
10.00 - 12.00 Knit and Natter - Cafe
11.45 - 12.30 Tai Chi – Activity room with Kevin

WEDNESDAY 10.00 - 11.00 Spanish Dance – Activity room with Josefa
14.00 - 14.45 Tai Chi – Activity room with Kevin

THURSDAY 10.30 - 12.00 Art Club – Activity room with Cara
10.30 – 12.00 Community Group – Café with Jane
12.30 - 13.15 Pilates & Stretch – Activity room with Steph

FRIDAY 10.00 - 11.00 Chairbics – Activity room with Vanessa
11.00 – 13.30 Friday Fun – Café with Cara
11.00 - 12.00 Chairbics – Activity room with Vanessa
12.15 - 13.00 Yoga – Activity room with Steph
13.00 - 13.45 Pilates & Stretch – Activity room with Steph
14.00 – 14.45 Step it Up – Activity room with Kevin



Registered charity: 1086323

www.ageuk.org.uk/westsussexbrightonhove/