

REGULAR GROUPS

MONDAY

BETTER BODY CLUB - PILATES MIXED	8.25 - 9.25am	
BETTER BODY CLUB - PILATES MIXED	9.00 - 10.00am	
BETTER BODY CLUB - OVER 50'S KEEP FIT	9.30 - 10.30am	
WARSASH SHUTTLES CLUB	10.00am - 12.00pm	
BETTER BODY CLUB - BARRE CONTROL	10.15am - 11.15am	
U3A WARSASH - ART GROUP	10.30am - 1pm MONTHLY	
OVER 60'S CLUB	1pm - 3pm LAST MONDAY BI-MONTHLY	
U3A WARSASH - MAHJONG	1.30 - 4.30pm	
CJ DANCING - FITSTEPS	2 - 3pm	
CJ DANCING	4 - 5.30pm	
BETTER BODY CLUB - JUMP & TONE	6 - 7pm	
BETTER BODY CLUB - PILATES FOR MEN	7.15 - 8.15pm	
SOLENT SINGERS	7 - 10pm	
WESTERN WARD ALLOTMENT ASSOCIATION	6 - 8PM BI -MONTHLY	

TUESDAY

BETTER BODY CLUB - PILATES	8.25 - 9.25am	
BETTER BODY CLUB - LBT	9.30 - 10.25am	
BETTER BODY CLUB - OVER 60'S KEEP FIT	10.35 - 11.25am	
SPANISH LANGUAGE GROUP	12.15 - 2.15pm	TERM TIME
COMMUNICARE LUNCH CLUB	12pm	
CJ DANCING	12 - 9pm	
U3A WARSASH - CANASTA	2-5pm	FORTNIGHTLY
BETTER BODY CLUB - FIT2DANCE	6-7pm	
BETTER BODY CLUB - PILATES	7-8pm	
LOCKS HEATH ROTARY	6-9pm	1ST & 3RD TUESDAY OF THE MONTH
NHS - BLOOD DONATION	MONTHLY	

WEDNESDAY

BETTER BODY CLUB - PILATES	8.30 - 9.30am	
BETTER BODY CLUB - CHAIR PILATES	9.45 - 10.30am	
TAPPY TOES	9am - 11am	TERM TIME
WARSASH INDOOR BOWLING	9am - 12pm	SEPTEMBER - JUNE
CJ DANCING	12.15 - 9.30pm	
RIVERSIDE BIG BAND	12-2pm	2ND AND LAST WEDNESDAY OF THE MONTH
U3A WARSASH - SKYWATCHING	2-4PM	4TH WEDNESDAY OF THE MONTH
U3A WARSASH - CRAFT GROUP	2-5pm	MONTHLY
BETTER BODY CLUB - YOGA	5.15 - 6.15PM	
SWING BAND PRACTICE	8-10pm	LAST WEDNESDAY OF THE MONTH
WARSASH RESIDENTS ASSOCIATION	7-9pm	3RD WEDNESDAY OF THE MONTH
WARSASH HORTICULTURAL SOCIETY	6.45 - 9.45pm	LAST WEDNESDAY OF THE MONTH

THURSDAY

SLIMMING WORLD	8.30 & 10am & 5.30pm	
BETTER BODY CLUB - PILATES FOR STRENGTH	8.25 - 9.20am	
BETTER BODY CLUB - PILATES OVER 50'S	9.35 - 10.30am	
WARSASH FLOWER CLUB	2-4pm	1ST & 3RD THURSDAY OF THE MONTH
U3A LOCKS HEATH - CANASTA	2-4PM	2ND & 4TH THURSDAY OF THE MONTH
VICTORY BOWLS	3 - 6pm or 5.15 - 8.15pm	SEPTEMBER - JUNE

FRIDAY

SLIMMING WORLD	7.30am & 9.15am	
BETTER BODY CLUB - PILATES FLOW	8.30 - 9.25am	
BETTER BODY CLUB - FIT2DANCE 50+	9.30 - 10.30am	
U3A WARSASH	1.45PM	2ND FRIDAY OF THE MONTH
LIGHT UP DRAMA	4 - 7pm	TERM TIME
GOSPORT MODEL RAILROAD CLUB	7-.9.30pm	2ND FRIDAY OF THE MONTH

SATURDAY

BETTER BODY CLUB - DANCE FITNESS	9 - 9.50am	
BETTER BODY CLUB - LBT	10 - 10.50am	
APPLE USER GROUP	10.30am - 12.30pm	2ND SATURDAY OF THE MONTH
SEWTIME SOCIALS	9.30am - 4.30pm	BI - MONTHLY

SUNDAY

CJ DANCING	2-8PM	
SEWTIME SOCIALS	9.30am - 4.30pm	BI - MONTHLY



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