

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

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	10am - 12pm / 12.15 - 2.15pm TERM TIME
COMMUNICARE LUNCH CLUB	12pm
CJ DANCING	12 - 9pm
U3A WARSASH - CANASTA	2-5pm FORTNIGHTLY
BETTER BODY CLUB - FITZDANCE	6-7pm
BETTER BODY CLUB - PILATES	7-8pm
BETTER BODY CLUB - BURLESQUE	8-9pm
LOCKS HEATH ROTARY	6-9pm 1ST & 3RD TUESDAY OF THE MONTH
U3A WARSASH - FAMILY HISTORY	6-8pm 2ND TUESDAY OF THE MONTH
WESTERN WARD ALLOTMENT ASSOCIATION	6.45-9.30PM BI-MONTHLY
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
OLD CODGERS 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 - YIN YOGA	5.45-6.45pm
BETTER BODY CLUB - HATHA YOGA	6.50 - 7.50pm
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	9.15 & 11am 5.30pm
BETTER BODY CLUB - PILATES FOR STRENGTH	8.25 - 9.20am
BETTER BODY CLUB - PILATES BEGINNERS	9.30 - 10.30am
BETTER BODY CLUB - PILATES OVER 50'S	9.35 - 10.30am
BETTER BODY CLUB - OVER 60'S KEEP FIT	10.45 - 11.30am
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 - FITZDANCE 50+	9.30 - 10.30am
BETTER BODY CLUB - SEATED EXERCISE	10.45 - 11.30am
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

SUNDAY

CJ DANCING	2-8PM
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