

| Activities                       | Day and Time  |
|----------------------------------|---|
| Loch View Café                   | Monday - Friday 09.30 - 15.30<br>Saturday 0930-1500 |
| Jellybean                        | Monday - Friday 15.00 - 17.00                       |
| Art Class                        | Monday 12.00 - 14.00                                |
| Yoga Class                       | Monday 18.30 -19.15                                 |
| Parents & Toddlers               | Tuesday & Thursday 09.30 - 11.30                    |
| Sewing Group                     | Tuesday 12.00 - 14.00                               |
| Autumn Group                     | Wednesday 13.00 - 1500                              |
| High Tea (over 55s)              | Wednesday 15.00 - 1630                              |
| Dance Fit                        | Wednesday 18.30 - 1900                              |
| Line Dancing                     | Wednesday 19.15 - 20.00                             |
| Body Maintenance & Fitness (50+) | Wednesday 13.00 - 14.00                             |
| Walking Group                    | Thursday 13.15 - 14.15                              |
| Badminton                        | Friday 11.00 - 1300                                 |
| Dance Academy                    | Saturday 08.45 - 13.30                              |

