

Bedford House Timetable

Autumn 2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	Morning	Morning	Morning	Morning	Morning	Morning
10.00am-12.00pm Baby Gym (under 2s) Gym	10.00am-12.00pm Baby Gym (under 5s) Gym	10.00am-12.00pm Messy Play (under 2s) Gym 10.30am-11.30am Ladies Exercise (over 55s) Gym	10.00am-12.00pm Baby Gym (under 2s) Gym	10.00am-12.00pm Baby Gym (under 2s) Gym	10.00am-1.00pm Somali Saturday School Gym 3.00pm-5.00pm Baby Gym (under 5s) Gym	10.00am-2.00pm Under 5's Birthday Party Gym
Afternoon	Afternoon	Afternoon	Afternoon	Afternoon	Afternoon	Afternoon
		1.00pm-3.30pm Short Mat Bowls (over 55s) Gym	12.15pm-2.45pm Rock & Roll and Line Dancing (over 55s) Gym			3.30pm-5.00pm Pole Dancing Exercise Studio
Evening	Evening	Evening	Evening	Evening	Evening	Evening
4.00pm-8.30pm Gym Club (4-15 yrs) Gym 6.00pm-7.30pm Pole Dancing Exercise Studio	4.00pm-6.00pm Martial Arts Studio (4 -14 yrs) 4.00pm-7.30pm Gym Club (4-15 yrs) Gym 6.30pm-9.30pm Tai Chi Gym & Studio	4.00pm-7.00pm Ballet School (4 to 14 yrs) Gym 7.00pm-9.30pm Tai chi Gym & Studio	4.00pm-6.30pm Gym Club (4-15 yrs) Gym 7.00pm - 8.30pm Spanish Guitar Studio 7.45pm-9.45pm Martial Arts Gym	4.15pm-6.30pm Gym Club (4-15 yrs) Gym 6.45pm-8.00pm Meditation Studio 6.30pm-7.30pm Councillor surgery 1 st & 3 rd Friday of the month Reception		2.00pm-7.00pm Under 5's Birthday Party Gym 7.00pm-8.00pm AA Meeting Reception