

ACTIVE SOCIAL HUB

Time	Monday		Tuesday		Wednesday		Thursday		Friday	
	Active	Social	Active	Social	Active	Social	Active	Social	Active	Social
08:30am - 9:30am	Active Adults Claire	Open Use*	Open Use*	Open Use*	Move to Improve Andrea	Open Use*	Active Adults Kay	Open Use*	Active Adults Claire	Open Use*
09:30 - 10:30am	Open Use*		Senior Boxing Mick		Senior Dance Debb		Open Use*			
10:30am - 11:30am	Chair Active Adults Claire		C30 Be Active Longer		C30 Be Active Longer		C30 Be Active Longer			
11:30am- 12:30pm	Open Use*		All Abilities Dance Anne		Open Use*		Circuit Active Adults Anne		All Abilities Dance Anne	
12:30pm - 1:30pm	Open Use* (Sensory Hour)									

Open Use : Open Use provides independent access to the Active and/or Social Hub during designated times, allowing participants to make use of the space, equipment, and amenities at their own pace.

As classes may be running during some Open Use periods, the space can be active and noisy. Members seeking a more relaxed environment are encouraged to visit during dedicated Open Use times.

Older Adults

All Abilities

*Please note this timetable is a draft only and subject to change.