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| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| 10.15-11.15am**Keep Fit with Liam**£5 max 20 | 10-11am**Tai Chi with Raj**£5 max 20 | 10-12pm NEW**Computer Class – Drop in 30 min slot with an IT expert**£5 | 10.15-11.15pm**Keep Fit with Liz**£5 max 20 | 9.30-12.30 NEW**Sewing lessons with Zoe**£15 max 8Book direct on 07877223241 |
| 11.30-12.30pm**Cognitive Exercise with Liam**£5 max 15 | 11.45-12.45pm**Keep Fit with Liam**£5 max 20 | 11.15-12.15**Line Dancing**£5max 15 | 11.30-12.15pm NEW**Supportive yoga with chairs Carmen**£5 max 20 |  |
| 3-3.45pm**Keep Steady with Active Life**£5 max 20 | 1-2pm NEW**Gentle Yoga with Claire M**£5 max 20 | 7-8pm NEW**Advanced Martial Arts Training**£5 max 20Book direct 07543696517 | 12.30-1.30pm**Strollercise**£5 max 15 |  |
| 4.15-5pm**Pilates with Active Life**£5 max 20 | 3.30-5pm COMING SOON**Art Classes**£5 max 20 |  | 2-3pm NEW**Beginners Belly Dancing**£5 max 15 |  |
|  |  |  | 6-6.45pm NEW**Zumba with Fern**£5 max 20Book Direct on 07912090963 |  |
|  |  |  | 7-8pm NEW**Yoga with Carmen**£5 max 20Book Direct on 07974348040 |  |

 **To Book email** **bookings@acsos.co.uk** **or call 07835942365 Please book at least 2 days in advance. Payment on booking required.**

 Follow us on  The Haven Community Hub @thehavencommunityhub The Haven Community Hub

 Classes held at The Haven Community Hub (Havens Department Store), 138-140 Hamlet Court Road, Westcliff, SS07LW

To book email bookings@acsos.co.uk or call 07835942365 Please book at least 2 days in advance. Payment on booking required. Classes held at 138-140 Hamlet Court Road, SS07LW.

All exercise classes are upstairs. No lift available at present. Please bring your own mat although we have a small number available to purchase. For exercise classes, please wear a mask and remove once you are on your mat. All other classes please wear a mask throughout. This is a covid secure venue, please follow all protocols in place and maintain social distancing.