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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 8  Book 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 20  Book 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 20  Book Direct on 07912090963 |  |
|  |  |  | 7-8pm NEW  **Yoga with Carmen**  £5 max 20  Book Direct on 07974348040 |  |

 **To Book email** [**bookings@acsos.co.uk**](mailto: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

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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.