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| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| 9-10am NEW  **Bookable Sports – Pool**  £1 max 6 players | 10-11.00am  **Tai Chi with Raj**  £5 max 20 | 9.45-10.45 NEW  **Sing and Toddle**  Book direct musicalitywithval@gmail.com  Starting 12th May £7 | 10.15-11.15pm  **Keep Fit with Liz**  £5 max 20 | 9.30-10.15 NEW  **Dance Fit with Active Life**  £5 max 20 |
| 10.15-11.15am  **Keep Fit with Liam**  £5 max 20 | 11.45-12.45pm  **Keep Fit with Liam**  £5 max 20 | 10-12pm NEW  **Computer Class – Drop in 30 min slot with an IT expert**  £5 | 11.30-12.15pm NEW  **Supportive yoga with chairs Carmen**  £5 max 20 | 10.30-12.20 NEW  **Cake Club – Parenting support and playgroup.**  Call 07974756509 or via FB to book £3.50 |
| 11.30-12.30pm  **Cognitive Exercise with Liam**  £5 max 15 | 1-2pm NEW  **Gentle Yoga with Claire**  £5 max 20 | 11.15-12.15  **Line Dancing**  £5max 15 | 12.30-1.30pm  **Strollercise**  £5 max 15 | 12.30-2.15 NEW  **Members Only Zone – upstairs FREE**  socialise/games/crafts/snooker/daily papers/occasional speakers/IT help |
| 1st Monday of every month NEW  12.30-2.30  **Bereavement group**.  Book direct on 07969099396  £donation appreciated | 2.30-4.30pm NEW  **Cards- Whist**  Starting 29th June  £2 | 12.30-1.15 NEW  **Sweaty Mama Southend**  **Mum and under 5 fitness classes**  Book direct through FB or call 07847249618 Starting 28th April | 2-3pm NEW  **Beginners Belly Dancing**  £5 max 15 Starting back 10th June | 2.30- 4.30 pm NEW  **Bookable Sports**  **Bowls –** max6 £3  **Cards – Whist £2**  Starting 29th June |
| 2nd, 3rd, 4th, Monday of every month NEW  12.45-2.45pm  **Cake Club – Parenting support and playgroup.**  Call 07974756509 or via FB to book £3.50 |  | 1.30-2.15 NEW  **That Kid Life STEM Craft Classes for age 2-4**  Book direct lauren@thatkidlife.co.uk or www.thatkidlife.co.uk  Starting 5th May  £7 | 3.30-5.30 NEW  **Cards – Bridge – meeting room**  Starting 29th June £2  **Members Only Zone–upstairs FREE**  Socialise/games/crafts/daily papers/occasional speakers |  |
| 3-3.45pm  **Keep Steady with Active Life**  £5 max 20 |  | 3.45-5.15pm NEW  **Sketchy Kids After School Art Classes**  Starting 19th May  sketchysisterhood@gmail.com  FB @sketchykidsartclub £8 | 6-6.45pm NEW  **Zumba with Fern**  £5 max 20  Book Direct on 07912090963 |  |
| 4.30-5.30 NEW **Bookable Sports**  Pool /Snooker – max 4 £1  Table Tennis – max 4 £2 |  | 5.30-7.30pm NEW  **Kids Martial Arts**  **Mini Ninjas -Age 6-11** 5.30-6.30  **Beginners Martial Arts-Age 11-17** 6.30-7.30 £5  Starting 19th May  Call Liam to book on 07543696517 or adaptivefightingartsessex@yahoo.com | 7-8pm NEW  **Yoga with Carmen**  £5 max 20  Book Direct on 07974348040 |  |
| 6-6.40pm NEW  **Meditation with Faith**  Book direct 07875464148 or  faith@faithholistics.com |  | 7.30-8.30pm NEW  **Advanced Martial Arts**  Call Liam to book on 07543696517 or adaptivefightingartsessex@yahoo.com |  |  |

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

All exercise classes are upstairs. 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