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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.comStarting 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 15Starting 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 NEW12.45-2.45pm**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.ukStarting 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 Maysketchysisterhood@gmail.comFB @sketchykidsartclub £8 | 6-6.45pm NEW**Zumba with Fern**£5 max 20Book Direct on 07912090963 |  |
| 4.30-5.30 NEW**Bookable Sports**Pool /Snooker – max 4 £1Table 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 £5Starting 19th MayCall Liam to book on 07543696517 or adaptivefightingartsessex@yahoo.com | 7-8pm NEW**Yoga with Carmen**£5 max 20Book Direct on 07974348040 |  |
| 6-6.40pm NEW**Meditation with Faith**Book direct 07875464148 orfaith@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** **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