|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| 9-10am NEW  **Bookable Sports – Pool & Table**  **Tennis**  £1 max 6 £2 max 6 | 10-12pm **downstairs room**  NEW  **Cosy cat crochet**  £5 per class | 9.45-10.45am NEW  **Singing and Toddling**  direct [musicalitywithval@gmail.com](mailto:musicalitywithval@gmail.com) £7 | 10.15-11.15am  **Keep Fit with Liz**  £5 max 20 | 9.30-10.15am NEW  **Zumba Gold with Active life**  £5 max 20 |
| 10-12pm down stairs room NEW  **Computer Class –** Drop in 30 minslot with an IT expert  £5 Start 6th September | 10-11am  **Tai chi with Raj**  £5 max 20 | 11.15-12.15pm  **Line Dancing**  £5max 15 | 11.30-12.15pm NEW  **Supportive yoga with chairs Carmen**  £5 max 20 | 10.30-12.20pm NEW  **Cake Club – Parenting support and playgroup.**  [cakeclubcommunity@gmail.com](mailto:cakeclubcommunity@gmail.com) or via FB to book £3.50 |
| 10.15-11.15am  **Keep Fit with Liam**  £5 max 20 | 11.45- 12.45pm  **Keep fit with Liam**  £5 max 20 | 12.30-1.15pm NEW  **AVAILABLE TO HIRE** | 12.30-1.30pm  **Strollercise**  £5 max 15 | 12.30-2.15pm NEW  **Social Zone – upstairs FREE**  socialise/games/crafts/snooker/table tennis/occasional speakers/IT help |
| 11.30-12.30pm  **Body and Brain Exercise with Liam**  £5 max 15 | 1-2pm NEW  **Gentle yoga with Claire**  £5 max 20 | 1.30-2.15pm NEW  **Sweaty mamas Southend**  **Mum and under 5 fitness classes**  Book through fb or call 07847249618 | 2-3pm NEW  **The Sound of Memories – Group Music Session –Dementia – Back Room**  **£5 max 5** | 2.30- 4.30 pm NEW  **Bookable Sports**  **Bowls –** max6 £3 |
| 12pm NEW  **Seafront walk and talk (1-2km)**  siobhan@sportforconfidence.com  07719557862 | 2.30-4.30pm NEW  **Cards – Whist**  Starting 27th July  £2 | 3.45-5.15pm NEW  **Sketchy Kids After School Art Classes**  sketchysisterhood@gmail.com  FB @sketchykidsartclub £8 | 2-3pm NEW  **Beginners Belly Dancing**  £5 max 15 | 2.30-4.30pm NEW  **Cards- Whist**  Starting 30th July  £2 |
| 1st Monday of every month NEW  12.30-2.30pm  **Bereavement group**.  Book direct on 07969 099396  £donation appreciated | 6pm-7pm NEW  **Bootcamp with Liam**  £5 max 15 | 5.30-7.30pm NEW  **Kids Martial Arts**  **Mini Ninjas 6-11yrs** 5.30-6.30  **Beginners Martial Arts Age 11-17yrs** 6.30-7.30 £8 Call Liam to book on 07543696517 or adaptivefightingartsessex@yahoo.com | 3.30-5.30pm NEW  **Cards – Bridge – downstairs room**  Starting 29th July £2 |  |
| 2nd, 3rd, 4th, Monday of every month  12.45-2.45pm NEW  **Cake Club – Parenting support and playgroup.**  [cakeclubcommunity@gmail.com](mailto:cakeclubcommunity@gmail.com) or via FB to book £3.50 | 7-9PM NEW  **Art journaling / Art group**  [www.sketchyselfcare.com/sketchy-sister](http://www.sketchyselfcare.com/sketchy-sister)  monthly booking direct | 7.30-8.30pm  **Advanced Martial Arts**  Call Liam to book on 07543696517 or adaptivefightingartsessex@yahoo.com | 3.30-5.30pm NEW  **Social Zone–upstairs FREE**  Socialise/games/crafts/occasional speakers/table tennis/snooker |  |
| 3-3.45pm  **Keep Steady with Active Life**  £5 max 20 |  |  | 6-6.45pm NEW  **Zumba with Fern**  £5 max 20  Book Direct on 07912090963 | **Follow us on**  **The Haven Community Hub**    **@thehavencommunityhub** |
| 5.30-7.30pm NEW  **British Military Martial Arts**  Starting September 13th | **Bookable Snooker**  all day Tuesday and Thursday  9:30-3pm  £1 |  | 8.15-9.15pm NEW  **Gong – relaxing Meditation**  1st July Once a month, book direct  clairemyoga108@gmail.com |  |