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|  **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 £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 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.com07719557862 | 2.30-4.30pm NEW **Cards – Whist**Starting 27th July £2 | 3.45-5.15pm NEW**Sketchy Kids After School Art Classes**sketchysisterhood@gmail.comFB @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 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 20Book 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 Thursday9:30-3pm £1 |  | 8.15-9.15pm NEW**Gong – relaxing Meditation** 1st July Once a month, book directclairemyoga108@gmail.com |   |