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|  **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| 9-10am **Bookable Sports – Pool & Table Tennis**£1 max 6 £2 max 6 | **FREE - Social Zone – Upstairs - Games / Jigsaws / Snooker / Foosball / Books**  | 10-12am  **Cosy cat crochet - downstairs**£5 per class FULLY BOOKED | 9.45-10.45am **Singing and Toddling**direct musicalitywithval@gmail.com £7 | 9-11am NEW11-1pm NEW**Cosy cat crochet - downstairs**£5 per class max 6 Starts 2nd Sept  | 9.30- 11.30am NEW **Cake Club – Parenting support and playgroup.**cakeclubcommunity@gmail.com or FB to book £3.50 - 3rd Sept |
| 10-3pm downstairs room NEW **Computer Class –** Drop in 30 minslot with an IT expert£5 Starts 6th Sept | 10-11am**Tai chi with Raj**£5 max 20 | 11.15-12.15pm**Line Dancing**£5max 15 | 10.15-11.15am**Keep Fit with Liz**£5 max 20  | 11.45am- 12.45pm NEW **Bollywood Dancing** **£5 Max 20****Starting 1st October 2021** |
| 10.15-11.15am**Keep Fit with Liam** £5 max 20 | 11.45-12.45pm**Keep Fit with Liam** £5 max 20 | 12.30-1.30pm NEW **Keep Fit with Liz**£5 max 20 starts 15th September | 11.30-12.15pm **Supportive yoga with chairs Carmen**£5 max 20 | 1.00-3.30pm **Cards- Whist**£2 |
| 11.30-12.30pm**Body and Brain Exercise with Liam** £5 max 15 | 1-2pm **Gentle yoga with Claire** £5 max 20 | 1.30-2.15pm **AVAILABLE TO HIRE** | 12.30-1.30pm**Strollercise**£5 max 15 | 3.45-5pm**Private Hire** |
| 1st Monday of every month 12.30-2.30pm**Bereavement group**.Book direct on 07969 099396 £donation appreciated | 2.15-4.15 NEW**Falls Management Programme – FREE**Book in advance by calling 0333 005 0095 or email eh.southend@nhs.net | 2.30- 3.45pm **AVAILABLE TO HIRE**  | 1-3pm **Cards – Bridge – downstairs**£2 |  |
| 2nd, 3rd, 4th, Monday of every month 12.45-2.45pm **Cake Club – Parenting support and playgroup.**cakeclubcommunity@gmail.com or via FB to book £3.50 | 4.30 – 5.45**AVAILABLE TO HIRE** | 4.00-5.15pm **AVAILABLE TO HIRE** | 2-3pm **The Sound of Memories – Adult Choir****£5** |   |
| 3-3.45pm**Keep Steady with Active Life**£2.50 (6 week course) max 20**01702567327 book direct**  | 6pm-7pm NEW **Bootcamp with Liam** £5 max 15 | 5.30- 6.30pm **Kids Martial Arts 6-11yrs** 07543696517 or adaptivefightingartsessex@yahoo.com | 6.30-7.15pm **Zumba with Fern**Book Direct on 07912090963 |  |
| 4pm-5pm NEW**Seaside circus – after school** avrilhockett@hotmail.com**starts 13th Sept**  | 7-9PM NEW**AVAILABLE TO HIRE** | 6.30.7.30pm **Beginners Martial Arts Age 11- onwards** £8 Call Liam to book on 07543696517 or adaptivefightingartsessex@yahoo.com | 7.30-8.15pm NEW**Pilates** Book Direct 07912090963 |   **Follow us on** **The Haven Community Hub @thehavencommunityhub** |
| 5.30-7.30pm NEW**British Military Martial Arts** Kids 5.30-6 Ladies Kick Boxing 6.30-7.30**07725 012456 book direct** | 7-9pmNEW**AVAILABLE TO HIRE** | 7.30-8.30pm **Advanced Martial Arts**Call Liam to book on 07543696517 or adaptivefightingartsessex@yahoo.com | 8.15-9.15pm**Gong – Relaxing mediation**clairemyoga108@gmail.comOnce a month, 7th Oct, 4th Nov, 2nd Dec, 6th Jan |   |
| 7.30- 10pm NEW **Hypno Birthing** supernovabirthservices@gmail.comstarts 4th Oct – 6 week course |  |  |  |  |
| **Saturday** | **Treatment Rooms** |
| 10.00-12.00am – Upstairs - **Baby Ballet NEW**Starting 6th November 202110.30 – 1.00pm - **Babies in Waiting NEW**Starting 16th October 2021 (4-week course)www.babiesinwaiting.com | **Room 1** **Hairdresser** | Tuesday Thursday Friday Saturday  | Hairdresser specialising in colour and keratin treatmentsBook online at http://tinyurl.com/s17gsce/ |
| **Sunday** |  | Monday Tuesday Wednesday Thursday Friday | IT Lessons 10-12pmIT Lessons 1-3pmCosy Cat Crochet 10-12pmCosy Cat Crochet 9-11amCosy Cat Crochet 11-12.50pmBridge 1-3pmAvailable to hire at all other times |
| Available to Hire |
| **Coming Soon** | **Room 3****Treatment Room**  | Monday Tuesday Wednesday Thursday Friday Saturday  | The Foot Practice 01702 864349Massage and Asthetics 07701 044023Available to HireFirst 4 Feet 01702 554445The Foot Practice 01702 864349Reiki / Head Massage 07771 266 859  |
| **8th October 2021****Coffee with Cops - 11.00 – 12.00****27th October 2021 NEW****Monthly Book Club £2****16th November 2021 3.00-6.00pm NEW** **Afternoon Tea Dance****Christmas Fayre 28th November 2021 NEW**  |
| **Room 4****Public Health England** | Monday Tuesday Wednesday Thursday Friday  | 7th & 14th October 2021Health Watch Southend |
| **UPSTAIRS AT THE HUB****So Sew by Zoe NEW**Bespoke baby & children’s wearAlterationsRepairsDressmaking1-2-1 and Group Sewing Lessons starting 11th October 2021**Call Zoe on 07877 223 241 or sosewbyzoe@gmail.com** | **Room 5****Southend Council** | Monday Tuesday Wednesday Thursday Friday  | Everyone Health Everyone HealthDementia Support |
| **Room 6****Beauty Salon** | Monday Wednesday Thursday Friday Saturday  | Microdermabrasion, Facials, Gel Nails and Pedicures Call Diana 07882 167310 |