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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](mailto:musicalitywithval@gmail.com) £7 | 9-11am NEW  11-1pm 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](mailto: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](mailto: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](mailto: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.com](mailto:clairemyoga108@gmail.com)  Once a month, 7th Oct, 4th Nov, 2nd Dec, 6th Jan | |  |
| 7.30- 10pm NEW  **Hypno Birthing**  supernovabirthservices@gmail.com  starts 4th Oct – 6 week course | |  |  |  | |  |
| **Saturday** | | | **Treatment Rooms** | | | |
| 10.00-12.00am – Upstairs - **Baby Ballet NEW**  Starting 6th November 2021  10.30 – 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 treatments  Book online at http://tinyurl.com/s17gsce/ | |
| **Sunday** | | |  | Monday  Tuesday  Wednesday  Thursday  Friday | IT Lessons 10-12pm  IT Lessons 1-3pm  Cosy Cat Crochet 10-12pm  Cosy Cat Crochet 9-11am  Cosy Cat Crochet 11-12.50pm  Bridge 1-3pm  Available 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 864349  Massage and Asthetics 07701 044023  Available to Hire  First 4 Feet 01702 554445  The Foot Practice 01702 864349  Reiki / 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 2021  Health Watch Southend | |
| **UPSTAIRS AT THE HUB**  **So Sew by Zoe NEW**  Bespoke baby & children’s wear  Alterations  Repairs  Dressmaking  1-2-1 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 Health  Dementia Support | |
| **Room 6**  **Beauty Salon** | Monday  Wednesday  Thursday  Friday  Saturday | Microdermabrasion, Facials, Gel Nails and Pedicures  Call Diana 07882 167310 | |