

Current list of activities

If you are new to our organisation, or wish to resume activities, please call before attending a class. Some sessions have limited spaces due to COVID restrictions.

Classes below are available on Zoom, contact office for the Zoom links.

Day	Time	Activity	Tutor	Important info
Mons	9.30am-10.30am	Yoga (Hatha)	Izabela	Advisable to bring own yoga mat/blocks and water.
Mons	1.00pm-2.00pm	Dance Fit	Viktoriia	Bring your own water
Tues	10.00am-11.00am	Keep Fit	Simon	Bring own exercise band and water
Tues	10.30am-12.30pm	Art	Eva	Limited F2F space. Plenty of space on Zoom
Tues	11.30pm - 12.30pm	Chi Kung	Carol	Bring own water
Tues	12.00pm - 1.00pm	Dance Fit	Viktoriia	Location: Pembury Community Centre. Bring your own water
Tues	1.30pm-3.30pm	Knitting & Crochet Club	Peer led	Bring own project, tools and materials, chat and knit, teach each other.
Tues	2.00pm-3.00pm	Movement & Stretching (Zoom only)	Moe	Online only. Contact us for the Zoom link.
Tues	4.00pm-5.00pm	Iyengar Yoga	Valentina	Advisable to bring own yoga mat/blocks and water.

Weds	10.00am-11.00am	Zumba	Sylwia	Location: Pembury Community Centre. Bring your own water
Weds	10.00am-11.00am	Hatha Yoga	Anya	Online only. Floor based, require a yoga mat. Contact us for Zoom link.
Weds	11.30am-12.30pm	Men's Fitness	Simon	Men's only class. Based on ground floor. Suitable for wheelchair, people with limited mobility. Bring your own exercise band and water.
Weds	1.00pm-2.00pm	Women's Fitness Wheelchair accessible, chair based (suitable for all level)	Rosaleen	Women's only class. Based on ground floor. Suitable for wheelchair, people with limited mobility. Bring your own exercise band and water.
Weds	3.15pm-4.15pm	ATM (Awareness Through Movement)	Ester	Advisable to bring own yoga mat and water. Feldenkrais class Tutor is remote, class in studio
Thurs	9.45am-10.45am	Pilates	Charlotte	Advisable to bring own yoga mat and water.
Thurs	11.00am -	Carnival Fit	Adriana	Bring water

	12.00pm			
Thurs	12.30pm-1.30pm	Balance & Back Care	Ester	<p>Advisable to bring own yoga mat and water. Feldenkrais class</p> <p>Tutor is remote, class in studio</p>
Thurs	2.30pm-3.30pm	<p>Chair based Exercise</p> <p>Wheelchair accessible, chair based (suitable for all level)</p>	Susanne	<p>Based on ground floor. Suitable for wheelchair, people with limited mobility.</p> <p>Bring your own exercise band and water.</p>
Thurs	4.00pm-5.00pm	<p>Yoga Afternoon</p> <p>Suitable for all level, especially frail, beginners.</p>	Izabela	<p>Advisable to bring own yoga mat and blocks/band and water.</p>
Fri	10.00am-11.00am	Tai Chi (yang style, master Lam style)	Jane	Bring own water