



PUBLIC CLASSES

GYM for MENTAL HEALTH

Tuesdays 4pm - 11-15s

Wednesdays 1pm - Women Only

Fridays 12:30pm - Gentle Movement

Fridays 2pm - General Adults



ART for MENTAL HEALTH

Mondays 1pm - Adults

Wednesdays 4:30pm - 11-15s

Thursdays 10am Learning Disabilities

Thursdays 7pm - Adults

Fridays 12pm - Adults

ALL CLASSES FREE, NO NEED TO BOOK



RECOVERY GROUPS

GYM



Tuesdays 12:30pm

Wednesdays 11am and 5pm

Fridays 3:30pm



ART

Tuesdays 2pm



MUSIC

Tuesdays 3pm



FREE

NO NEED TO BOOK

