



Activities Timetable

CENTRE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LEISURE CENTRE HALL	10.45 & 11.45am CARDIAC REHAB RHL	10am FULL BODY WORKOUT with Julie	9.30, 10.30 & 11.30am CARDIAC & PULMONARY REHAB RHL	9 & 10am CARDIAC & PULMONARY REHAB RHL	10 & 11am FULL BODY WORKOUT with Julie
		12 & 1pm PILATES & CHAIR PILATES RHL			
		6pm CARDIO DANCE EmmaK -Daisyfit	5pm CARDIAC REHAB RHL	4.15pm DANCE CLASSES Bright Diamond Dance	
		7pm IRISH DANCING Morrigan Academy			
MEMORIAL HALL	10 & 11am LEGS, BUMS & TUMS EmmaK - Daisyfit		10am MIND BODY BALANCE EmmaK - Daisyfit		9.30am FITNESS YOGA with EmmaB
			1pm WOMENS INSTITUTE (1st Wed/month)		
	6.30PM DANCE CLASSES Bright Diamond Dance		7pm POPPY'S ACOUSTIC CLUB (2nd Wed/month)	5.30pm IRISH DANCING Morrigan Academy	6.30pm MILITARY CADETS Borders Three Counties
INN ON THE GREEN	2pm MAHJONG CLUB	10am SCRABBLE CLUB (1st Tues/month)			4pm PIZZA VAN Mamma Lourdes
	7pm SLOWPICK 1 MUSIC (2 nd Mon/month)	7pm VETERANS HUB (2 nd Tues/month)	7.30pm SLOWPICK 2 MUSIC (3 rd Wed/month)		8pm QUIZ NIGHT

NOTE: Classes are held by external providers & subject to change.
Please enquire with the providers directly, or at Reception.
CONTACT DETAILS OVERLEAF...

BLACKWATER & HAWLEY LEISURE CENTRE

Activity	Contact Details
Borders Cadets	Facebook: Borders - Three Counties Cadet Corps
Bright Diamond Dance	Facebook: brightdiamonddanceschool
Daisyfit - EmmaK	Email: daisyfitltd@gmail.com
Fitness Yoga - EmmaB	Web: fitnessyogawithemma.co.uk
Julie - Fitness	Email: julieh17@hotmail.co.uk
Morrigan Irish Dance	Web: themorriganacademyofirishdance.com
Poppy's Folk Music	Facebook: poppysacousticclub
RHL Rushmoor Healthy Living	Web: rhl.org.uk Email: classes@rhl.org.uk Tel: 01252 957430
Veterans Club	Facebook: Woking Armed Forces & Blue Light Personnel Hub
Womens Institute	Web: berkshire.thewi.org.uk/find-wi/hawley

