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| **MONDAY** |
| 9.30am – 10.30am Aerobics / Keep Fit Ali 07882326920 |
| 11.15 – 12pm Zumba Helen 07941281434 |
| 1.00pm – 2.00pm Retro Fit sociable fitness 60+ Emma 07966874821 |
| 5.45pm – 6.30pm Puppy Training (Outside) Kerry 07729946990 |
| 5pm – 5.45pm Family Boxercise Jason 07976467960 |
| 6pm – 7pm Boxercise Jason 07976467960 |
| 7.15pm – 9.45pm SingMe Merseyside Choir Billy 07710024020 |
| **TUESDAY** |
| 12.00 – 1pm Pilates ( beginners welcome ) Laura 07932089628 |
| 5.45pm - 6.30pm Dog Training (Outside) contact Kerry 07729946990 |
| 6.00pm – 7.30pm Karate Keith 07710596933 |
| 7.45pm – 8.45pm Clubbercise Jess jessclubbercisechester@yahoo.com |
| Every 1st Tuesday of each month Well Being Walk 10.30am 07861041795 |
| **WEDNESDAY** |
| 9.30am – 11.30am Childminder Group Term time for reg. Childminders contact Danielle 07851023709 Emma 07814835799 |
| 12.30pm and1.30pm Strength and Balance -Jeogia 0151 355 0205 |
| 1pm – 3pm Crochet Group Ellie thecrochetcharmer@gmail.com |
| 6.00pm – 6.45pm Strength and Tone Emma 07966874821 |
| 6.30pm – 8pm Makers and Menders workshop (from 23rd )  Contact Amanda 07961900534 NEW ! |
| 7.15pm – 8.15pm Kettlebell Class Daniella 07398886914 |
| Ever 2nd Wednesday of each month Companionship Café 12.30 07861041795 |
| **THURSDAY** |
| 9.30am – 10.30am Aerobics/ Keep Fit Ali 07882326920 |
| 11.30am-12.30pm Dance and Movement (50+ years) 01606 861770 |
| 1pm-3pm – Jems and Pearls Line Dancing Joyce 07951 833251 |
| 3.15pm Inaugural meeting of new book/reading group All welcome !  Contact VXCC details above for more info NEW ! |
| 6.15pm – 7.00pm Pilates Fitness Fusion Laura itnessfusion1@outlook.com |
| 7.15pm – 8pm Zumba Rose 07718848298 |
| **FRIDAY** |
| 9.30am – 10.30am Aerobics / Keep Fit Ali 07882326920 |
| 2pm- 2.30pm Toddlers/Babies - Rhythm Time [gemma.c@rhythmtime.org](mailto:gemma.c@rhythmtime.org) SS |
| 6.00pm – 8.00pm Karate Keith 07710596933 |
| **SATURDAY** |
| 9.00am- 12.00pm Baby Ballet cheshireeast@babyballet.co.uk |
| **12.15pm onwards- Available for private hire** |
| **SUNDAY** |
| 9.00am – 1.00pm Diddikicks www.diddikicks.co.uk |
| **1.15pm onwards – Available for private hire** |
| **Bethan Jones (Singing Teacher) and Arrow Motorbike riding school also operate from VXCC – Contact the centre for info.** |