**Vicars Cross Community Centre – What’s On!**

**Thackeray Drive, Vicars Cross, Chester CH3 5LP**

**VXCC contact details:**

**01244 342268 or email:** **vxcc@greatboughtonparishcouncil.org.uk**

***Office Open Mondays, Tuesdays and Fridays.***

**NEW YEAR**

**NEW START!**

***All our classes welcome new people.***

**PLEASE NOTE:**

**Heating system upgrade will be taking place at the start of January which MAY cause some disruption to SOME classes. Please speak to the individuals who run sessions to check!**

**Contact details for most of our groups can be found on our website:**

**www.vxcc.org.uk**

**Yoga & Mindfulness Retreat**

**25th January 2020**

**1-3pm**

**Booking essential**

**Call: 07850238593**

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| **MONDAY**  |
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| **9.30am – 11.00am Aerobics/Keep Fit – Traditional Style (Ali Fitness)** |
| **11.30am – 12.30pm Sweaty Mama (exercise for parents and children)** |
| **1.00pm – 2.00pm Senior Fitness (weights provided)** |
| **3.30pm – 5.30pm Building Blocks After School Club (TERM TIME)** |
| **6.00pm – 7.00pm Dog Training** |
| **7.15pm – 9.45pm Choir Group (SingMe Mersey)** |
| **TUESDAY** |
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| **9.00am – 10.00am Fitness Pilates (Beginner / Intermediate)** |
| **10.00am – 11.30am Toddler Group (TERM TIME)** |
| **3.30pm – 5.30pm Building Blocks After School Club (TERM TIME)** |
| **6.00pm – 7.00pm Karate**  |
| **7.00pm – 8.00pm Rabble (Exercise on the external sports pitch)** |
| **7.15pm – 8.15pm Yoga** |
| **WEDNESDAY** |
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| **9.30am – 11.30am Childminder Group (TERM TIME)** |
| **3.30pm – 5.30pm Building Blocks After School Club (TERM TIME)** |
| **5.45pm – 6.45pm Dog Training** |
| **7.30pm – 8.45pm Yoga** |
| **THURSDAY** |
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| **9.30am – 11.00am Aerobics/Keep Fit – Traditional Style (Ali Fitness)** |
| **11.30am – 12.30pm Dance and Movement (50+ years)** |
| **3.30pm – 5.30pm Building Blocks After School Club (TERM TIME)** |
| **6.00pm – 9.00pm Chester Tri Club** |
| **7.00pm – 8.00pm Rabble (Exercise on the external sports pitch)** |
| **FRIDAY** |
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| **9.30am – 11.00am Aerobics/Keep Fit – Traditional Style (Ali Fitness)** |
| **1.00pm – 3.00pm Lunch Clubs – next one FEB 14th 2020** |
| **3.30pm – 5.30pm Building Blocks After School Club (TERM TIME)** |
| **6.30pm – 7.30pm Karate (Suitable for age 6 years + and all abilities)** |
| **SATURDAY** | **SUNDAY** |
|  |  |
| **9.00am – 12.15pm Baby Ballet (9 Mths. to 5 Yrs)** | **9.00am – 10.00am Aerobics/Keep Fit – Traditional style (Ali Fitness)** |
| *Available for hire from 12.30pm - 11.30pm* | **10.00am – 1.00pm Diddikicks Football (18 Mths. to 5 Yrs)** |
|  | **2.00pm – 4.00pm Dog Training Session** |

**FREE SESSION FOR ALL**

**BECOME A DEMENTIA FRIEND**

**17th Jan 2020 1.30-2.30pm**

**To book your place call Kate on 07747011548**