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

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

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| **MONDAY**  |
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| **9.30am – 11.00am Aerobics/Keep Fit – Traditional Style (Ali Fitness)** |
| **1.00pm – 2.00pm Senior Keep Fit** |
| **3.30pm – 5.30pm Building Blocks After School Club (TERM TIME ONLY)** |
| **7.15pm – 9.45pm Choir Group (SingMe Mersey)** |
| **TUESDAY** |
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| **9.00am – 10.00am Pilates (Beginner / Intermediate)** |
| **10.00am – 11.30am Toddler Group (TERM TIME ONLY)** |
| **3.30pm – 5.30pm Building Blocks After School Club (TERM TIME ONLY)** |
| **6.00pm – 7.00pm Karate**  |
| **7.00pm – 8.00pm Yoga** |
| **7.00pm – 8.00pm Rabble -Exercise on the field** |
| **8.00pm – 9.00pm Bootcamp (Applied Fitness)** |
| **WEDNESDAY** |
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| **9.30am – 11.30am Childminder Group (TERM TIME ONLY)** |
| **1.00pm – 3.00pm X My Art** |
| **3.30pm – 5.30pm Building Blocks After School Club (TERM TIME ONLY)** |
| **5.45pm – 6.45pm Dog Training** |
| **7.30pm – 9.00pm Yoga** |
| **THURSDAY** |
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| **9.30am – 11.00am Aerobics/Keep Fit – Traditional Style (Ali Fitness)** |
| **11.30am – 12.30pm Dance and Movement – Adults 50+** |
| **1.00pm & 2.00pm Sessions (45mins each) Chatter Chairs & Cafe – chair-based exercise (50+ yrs)** |
| **3.30pm – 5.30pm Building Blocks After School Club (TERM TIME ONLY)** |
| **6.00pm – 9.00pm Chester Tri Club** |
| **FRIDAY** |
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| **9.30am – 11.00am Aerobics/Keep Fit – Traditional Style (Ali Fitness)** |
| **11.30am – 12.30pm Zumba for beginners** |
| **3.30pm – 5.30pm Building Blocks After School Club (TERM TIME ONLY)** |
| **6.30pm – 8.00pm Karate – Suitable for age 6 years + and all abilities** |
| **SATURDAY** | **Lunch Clubs for the** **Over 50s*****2018 lunches are fully booked*** **2019 Lunches start end of Jan– See next months handbook for more info!** |
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| **9.30am – 12.30pm Baby Ballet – 9 Mths. to 5 Yrs (TERM TIME ONLY)** |  |
| *Available for hire from 12.45pm - 11.30pm* |  |
|  **SUNDAY** |
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| **9.00am – 10.00am Aerobics/Keep Fit – Traditional style (Ali Fitness)** |
| **10.00am – 1.00pm Football skills – 18 Mths. to 5 Yrs (Diddikicks)** |
| **2.00pm – 4.00pm Dog Training Session** |
| *Available for hire from 4.15pm - 11.30pm* |

**For more information please call Jodie on**

**01244 342268 or email**

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