

Viabes Community Centre

Monday

Forever Young – Gentle exercise for the older generation with Emma Cameron	11.45 – 12.45
BCOT sewing and dress making - Experienced help using a pattern of your choice	10.00 – 12.00
Phoenix Martial arts – Kickboxing as a martial art, with Tom Hayward	19.00 – 21.30

Tuesday

Barn tots – friendly, informal play for under 5's	10.00 – 12.00
Pro football skills – aimed at 2-5 year olds to build on their coordination and motor skills, with Steve Calpin	17.00 – 18.00
Zumba – Latin inspired dance exercise, with Danika Vaughan	18.15 – 19.15
JJ's workout – Friendly and fun Aerobic workout, with Julie Wride	19.30 – 20.30
Tai Chi – Taoist body and mind stress reliever, with Helen Belsham	19.30 – 21.30

Wednesday

Pliates – Build up your core strength and improve your flexibility, with Elaine Alexander Tennison	10.00 – 11.00
BCOT sewing and dress making - Experienced help using a pattern of your choice	10.00 – 12.00
Lynden School of Dance – Junior street and hip hop, 8 – 16 yrs, with Dexter	16.45 – 17.45
The Bastion - miniature war gaming club, with Peter Shaw	18.00 – 22.00
Slimming World – Weight loss group, with Carole Pritchard	16.45 – 21.15
The Harrow Way Over 55 group - (fortnightly) friendly meetings for mature members	13.00 – 16.00



Viabes Community Association, Viabes Craft Centre, The Harrow Way, Basingstoke,

RG22 4BJ.

Tel: 01256 473634

Email: viabes@btconnect.com

Web: www.viabes.org.uk



Supported by

**Basingstoke
and Deane**