

WHAT'S ON AT ARMTHORPE COMMUNITY CENTRE

MONDAY	
9.15AM – 10.15AM	BEGINNERS AEROBICS - Sam Fielder 07474 900148
10.00AM – 12.00PM	COMMUNITY COFFEE SHOP
10.30AM – 12.00AM	CARL'S TABLE TENNIS ADULTS Carl Hughes – 07526 791188 (Sports & Recreational Officer)
1.00PM – 3.00PM (1 st Monday of month)	PARKINSONS UK – DONCASTER 0344 225 3634
4.30PM – 7.00PM	JUNIOR YOUTH CLUB 7-11 YEARS (TERM TIME ONLY) Carl Hughes 07526 791188 (Sports & Recreational Officer)
7.00PM – 9.00PM	ARMTHORPE COMMUNITY THEATRE
TUESDAY	
10.00AM – 12.00PM	COMMUNITY COFFEE SHOP
11.00AM – 12.00PM	CARL'S PING PONG ADULTS Carl Hughes 07526 791188 (Sports & Recreational Officer)
2.00PM – 4.00PM	TEA DANCE (sequence, ballroom dancing)
7.15PM – 9.00PM	JU JITSU – Frank Rowley 07914 380686
WEDNESDAY	
9.15AM – 10.15AM	BEGINNERS AEROBICS - Sam Fielder 07474 900148
10.00AM – 12.00PM	COMMUNITY COFFEE SHOP
11.00AM – 12.30PM	DARTS – PARKINSONS UK EXERCISE CLASS Dart's Reception 01302 341662
3.30PM – 7.30PM	SLIMMING WORLD - Amanda 07787 776446
6.30PM – 9.00PM (2 nd Wed of month)	RSPB – Steve Pynegar 07879 990817 (No meetings held in June, July & August)
7.15PM – 8.15PM	LFA T'AI CHI - Bill Holmes 01302 832766
THURSDAY	
9.00AM – 12.00PM	SLIMMING WORLD – Amanda 07787 776446
9.30AM – 10.30AM	BOHO WARRIOR YOGA WITH NIKKI EXTON - 07889 206783
10.00AM – 12.00PM	COMMUNITY COFFEE SHOP
11.00AM-11.30AM	50+ INTENSE HEALTH & FITNESS CLASS Carl Hughes 07526 791188 (Sports & Recreational Officer)
11.00AM – 3.00PM (1 st Thursday of Month)	S.U.P.O.R.T ARMTHORPE Andy Barrington & Colin Head - APC Office 01302 830543
4.30PM – 7.00PM	SENIOR YOUTH CLUB 12-16 YEARS (TERM TIME ONLY) Carl Hughes – 07526 791188 (Sports & Recreational Officer)
6.00PM – 8.00PM (1st Thursday of month)	LADIES CHATROOM - Jackie Doak 07773 065953
7.00PM – 9.00PM	ARMTHORPE COMMUNITY THEATRE
FRIDAY	
9.15AM – 9.45AM	BEGINNERS AEROBICS - Sam Fielder 07474 900148
10.00AM – 12.00PM	COMMUNITY COFFEE SHOP
10.00AM – 11.00AM	50+ HEALTH & FITNESS CLASS Carl Hughes 07526 791188 (Sports & Recreational Officer)
10.00AM – 12.00AM	EDGE (EATING DISORDER) Rachel Furniss- 07784 021030
SATURDAY	
9.30am – 12.00pm (1 st Saturday of Month)	TABLE TOP SALE - APC Office 01302 830543
SUNDAY	
10.00AM – 1.00PM	HILL CITY CHURCH - John Pearson 07861 251236