

# TIMETABLE

## MONDAY

Gentle Keep fit 1130-1230  
 Soft Play 0930 - 1700  
 Lullababy Baby development classes 0930 - 1015  
 Lullababy Baby development classes 1030 - 1115  
 Lullababy Baby development classes 1130 - 1215  
 Lullababy Baby development classes 1330 - 1315  
 Lively Squad Street Dance (6-14yrs) 1615 - 1715  
 After School Soft play - half price term time only 1500 - 1700  
 Quiet Time Soft Play 1700 - 1900  
 AA 19:00-20:00  
 Active Air Fitness - Children's classes 17:00 - 19:00  
 Active Air Fitness - Adult's classes 19:00 - 21:00

## TUESDAY

Soft Play 0930 - 1700  
 Uplift Paracise 1030 - 1115  
 Uplift chair pilates 1130 - 1215  
 Prospero Art for well being 1000 - 1130  
 Prospero Sandwich club 1100 - 1300  
 After School Soft play - 1/2 price term time only 1500 - 1700  
 AHN - Taekwondo for adults and children 1730 - 1830  
 Active Air Fitness 1900 - 2100

## WEDNESDAY

Soft Play 0930 - 1700  
 Tai - Chi Classes with Matt for beginner 1430 - 1530  
 Tai - Chi Classes with Matt for improvers 1530 - 1630  
 After School Soft play 1/2 term time only 1500 - 1700  
 Active Air Fitness 1900 - 2100  
 CA 1900-2100

## THURSDAY

Soft Play 0930 - 1700  
 Art for Life - Adult Art Classes 1000 -1300  
 Art for Life - Adult Art Classes 1400 -1700  
 After School Soft play - 1/2 price term time only 1500 - 1700  
 Active Air Fitness - Adult's classes 1900 - 2100  
 Youth Unite (SENS youth club) 1800-2000  
 Women's Institute (2nd Thurs of the month) 1900 - 2200

## FRIDAY

Soft Play 0930 - 1700  
 ZodiArc toddler funplay TERM TIME ONLY 0915 - 1100, 1015 - 1200, 1115 - 1300  
 Prospero Art & Drama for adults w/ special needs 0930 - 1500  
 After School Soft play 1/2 price term time only 1500 - 1700  
 Prospero Socials 1730 - 2130 (1st Fri of the month)  
 Prospero Cinema Night 1730 - 2100 (3rd Fri of the month)

## SATURDAY

Soft Play 0930 - 1700  
 Kaleidoscope - Lego Club for SEN children 1000 - 1100 (every other Sat)  
 Lively squad - children's street dance classes 5 - 7yrs 1300 - 1400  
 Lively squad - children's street dance classes 7 - 11yrs 1400 - 1500  
 Soft play Birthday parties 1130-1730

## SUNDAY

Soft Play 0930 - 1700  
 City Of Praise 1000 - 1200  
 Soft play Birthday parties 1130-1700

More information can be found on The Arc website

Zodiac timetable can be found on their website

 [www.zodiacgymnastics.org.uk](http://www.zodiacgymnastics.org.uk)