

**Glebe Centre Activities List**

<b>Day</b>	<b>Activity</b>	<b>Time</b>	<b>Cost</b>	<b>Room</b>
<b>Monday</b>	Mothers & Toddlers	9.00 – 11.00	£1 per hd	Creche
	Iyanga Yoga	9.45 – 11.15	£4.00	Toft
	Childrens Street Dance	6.0-7.0 5Yrs +	£3.50	Main Hall
	Toddlers Play Session Sure Start	1.30-2.30	Free	Main Hall
	Brass Band	6.30-9.00		Napier
	Gymnastics	3.45-5.45	£5.00	Gym
	Slimming World	6.30-8.30	£5	Robinson
	Kids Zumba	7.00-8.00	Free	Main Hall
	16 + Fitness Class	6.00-7.00		Gym
<b>Tuesday</b>	Cycle Group	9.30-11.30		Lounge
	Short Mat Bowls	8.30-12.00		Main Hall
	Mothers & Toddlers	9.30 – 11.30	£1 per hd	Creche
	Mothers & Toddlers	1.00 –3.00	£1 per hd	Creche
<b>Wednesday</b>	Mothers & Toddlers	1.00 – 3.0	£1 per hd	Creche
	Murton Support Grp	9.30-11.30		Creche
	Tai Chi	7-8.30	£3.50	Toft
	Heritage Society	5-8		Heritage
	Brass Band	6.30-9.00		Napier
	Gymnastics	4-6	See tutor	Gym
	Dancing Class	4-6	See Tutor	Main Hall
	Childrens Cookery Class	5-7	Free	Kitchen
	Karate	8.00-9.00		Main Hall
	16 + Fitness Class	6.00-7.00		Main Hall
	Newbottle Ring Class (Dogs)	7.00-9.00		Gym
<b>Thursday</b>	Short Mat Bowls	8.30-12.00		Main Hall
	Mothers & Toddlers	9.00 – 11.00	£1 per hd	Creche
	Story & Rhyme Sure Start	12.45-2.30	Free	Creche
	Applegarth Dance school	4-8.30	£3.50	Main Hall
	Gymnastics	3.45-7.45	£5.00	Gym
<b>Friday</b>	Sure Start Mother & Toddlers	9.30-10.30	Free	Creche

**Cardio Vascular Training Suite – Opening Times**

Monday, Wednesday & Thursday 9.00am – 9.00 pm Tuesday 9.00 am- 5.00 pm & Friday – Check with Centre

Cost Per Hour Session – £2.00 before 3.00 p.m. & £2.50 after 3.00 pm Centre Reception Tel 0191 520 8650