

MONDAY	ROOM	TIME
Pre-school (term-time only)	8/9	09.00-15.30
Hartbeeps Classes	4	09.30-14.00
U3A (once a month)	12	10.00-11.30
Zumba with Kerrie	Main Hall	10.30-11.30
Seated yoga (Age concern)	Small Hall	11.20-12.20
Simply Sosa (Seated, supported and standing)	Main Hall	12.00-13.00
Vocal Training (Every other Monday)	12	12.15-14.15
Games afternoon	5	13.30-16.00
Tai Chi (Age concern)	Small Hall	13.00-14.00
Singing for the Brain	Main Hall	13.00-16.00
Bowls Mon pm	Small Hall	14.00-16.00
Papercrafting (1 st & 2 nd Monday)	10	14.15-16.30
Vocal Training	5	16.00-19.15
Smith's Junior (5-10) Performing Arts - Drama	Small Hall	16.30-17.15
Smith's Senior (11-16) Performing Arts- Drama	Small Hall	17.15-18.00
Smith's Adult (17-99) Performing Arts - Drama	Small Hall	18.00-19.00
Brownies	10	17.45-19.15
Rainbows	9	17.45-19.00
Karate – fight club	Main Hall	18.15-19.15
Carousel Ladies Club	Small Hall	19.05-22.00
Smith's Adult - Tap	9	19.15-20.00
Smith's Adult - Stretch & Tone	9	20.00-20.45
Vocal Training	12	19.30-20.00
Wykeham Lodge (Back in Sep)	5	19.30-21.00
Karate	Main Hall	19.45-20.45
Edward the Confessor (Masonic Sep-April)	10	20.00-21.00

TUESDAY

Pre-school (term-time only)	8/9	09.00-15.30
Hartbeeps Classes	4	09.00-14.00
Sosa (Inclusive dance fitness)	Main Hall	10.00-11.00
Table Tennis	10	09.45-10.45
Bowls Tues am	Small Hall	10.00-12.00
Yoga & Mindfulness	10	11.00-12.00
Basking Babies	5	11.00-12.15
Pilates core (seated) starting September) NEW	Main Hall	11.15-12.15
Keep fit for the over 50's (seated/standing) NEW	Small Hall	12.30-13.30
Sequence Dancing (1 st 2 nd 4 th Tues)	Main Hall	13.00-16.00
Knit & Natter	5	13.30-15.30
W.I.(3rd Tues.)	Main Hall	13.00-15.45
Vocal Training	Room 12	14.00-19.00
Renee School of Dance & Performing Arts	Small Hall	16.00-20.30
Renee School of Dance & Performing Arts	Room 5 & 10	16.00-17.30
Renee School of Dance & Performing Arts	Main Hall	16.00-18.30
Cubs – 1 st Cranham Cub Group	Main Hall	18.30-19.45
AA	Room 5	19.00-22.00
Upminster Camera Club	Main Hall	20.00-22.00

WEDNESDAY

Pre-school (term-time only)	8/9	09.00-15.30
Hartbeeps Classes (Happy House/Baby Beeps/Baby Bells)	4	09.00-14.15
Mini Madness (Stay & Play 6 months – 4 years) NEW	Small Hall	09.30-12.30
Cranham Art Soc.	Main Hall	10.00-12.00
Yoga Seated	Main Hall	12.15-13.15
Havering 50+ club (Table Tennis)	Main Hall	14.00-16.00
Bowls Wed pm	Small Hall	14.30-16.30
Karate (Kids)	Main Hall	17.30-18.30
Karate (adult)	Main Hall	19.00-20.00
Essex Audio Visual Group (1 st Wed of the month)	10	19.30-22.00
Yoga Flow with Irene	Small Hall	19.00-20.00
HIIT & Circuit (Sara)	Main Hall	20.00-21.00
Upminster Art Society	9	19.00-21.30

THURSDAY	ROOM	TIME
Pre-school(term-time only)	8/9	09.00-15.30
Little City (2 nd Thurs)	Small Hall	09.00-13.00
Mini Madness (Stay & Play 6 months – 4 years) NEW	Small Hall Starting 4/9	09.30-12.30
Hartbeeps	4	09.45-14.14
Line Dancing	Main Hall	09.45-10.45
U3A (2 nd & 4 th Thursday- Tai Chi)	5	10.00-11.00
Seasons Adult Art Course	10	10.00-16.30
Strictly Solo	Main Hall	10.50-11.40
Pilates core (seated)	Main Hall	12.00-13.00
U3A (2 nd Thursday)	Small Hall	13.30-15.30
Dance & Sing with Sue	Main Hall	13.45-14.30
Renee School of Dance & Performing Arts	5	16.45-18.00
Renee School of Dance & Performing Arts	Main Hall	16.00-19.30
Renee School of Dance & Performing Arts	Small Hall	15.45-19.30
Vocal Training	12	16.00-19.00
Reillys School of Dance	9	17.30-19.40
Darts (Ladies & Gents)	5	19.00-21.00
Games Evening (1 st & 3 rd)	12	19.30-21.30
Abbotts Hall	9	19.45-22.00
Reillys School of Dance (Adult tap)	Small Hall	19.45-20.45
Pilates - Kerrie	Main Hall	20.00-21.00

FRIDAY

Pre-school (term-time only)	8/9	09.00-15.30
Bowls Fri am (Back October)	Small Hall	10.00-12.00
Upminster U3A Art class	10	10.00-12.00
Sequence Dancing	Main Hall	10.00-15.00
Tai Chi	Small Hall	13.00-14.30
China Painting	5	13.00-16.00
Scrabble	12	13.30-16.00
BSA owners club	9	19.00-21.30
Whist Club	5	19.30-21.30

SATURDAY

Cranham Ishinryu Karate	Main Hall	09.00-10.00
Cranham Ishinryu Karate	Small Hall	09.00-10.00
Cranham Ishinryu Karate	Main Hall	10.15-11.15
Vocal Training	12	09.00-13.00
Mini Athletics NEW starting September	Small Hall	10.30-12.15
Mini Athletics NEW starting September	Main Hall	12.20-13.05
Children's Art Class (Age 6+)	10	11.00-13.00

PERSONAL TRAINING SESSIONS

SMALL GROUP SESSIONS

Please see Sara or Alan in room number 3
Or call 07821 118462 (Sara)

COUNSELLING/ THERAPIST Room 11 please contact Sue 07581 634063

For details of dances, quizzes, etc. please see notice boards.

Cranham Community Centre, Marlborough Gardens, Cranham, RM14 1SR Phone 01708 220941

Cranham Community Association is a registered Charity. No. 271139