

<b>MONDAY</b>	<b>ROOM</b>	<b>TIME</b>
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 <sup>st</sup> & 2 <sup>nd</sup> 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
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

<b>TUESDAY</b>		
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
Pilates core (seated)	Main Hall	11.15-12.15
Sequence Dancing (1 <sup>st</sup> 2 <sup>nd</sup> 4 <sup>th</sup> 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 <sup>st</sup> Cranham Cub Group	Main Hall	18.30-19.45
AA	Room 5	19.00-22.00
Smith's Performing Arts – Tap dancing	Room 9	19.00-19.45
Upminster Camera Club	Main Hall	20.00-22.00

<b>WEDNESDAY</b>		
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)	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 <sup>st</sup> Wed of the month)	10	19.30-22.00
Yoga Flow with Irene (2 <sup>nd</sup> 3 <sup>rd</sup> 4 <sup>th</sup> of the month)	10	19.00-20.00
Yoga Flow with Irene ( 1 <sup>st</sup> of the month)	Small Hall	19.00-20.00
HIIT & Circuit (Sara)	Main Hall	20.00-21.00
Upminster Art Society	9	19.00-21.30

<b>THURSDAY</b>	<b>ROOM</b>	<b>TIME</b>
Pre-school(term-time only)	8/9	09.00-15.30
Mini Madness (Stay & Play 6 months – 4 years)	Small Hall	09.30-12.30
Hartbeeps	4	09.45-14.14
Line Dancing	Main Hall	09.45-10.45
U3A (2 <sup>nd</sup> & 4 <sup>th</sup> 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 <sup>nd</sup> 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	17.30-19.30
Darts (Ladies & Gents)	5	19.00-21.00
Games Evening (1 <sup>st</sup> & 3 <sup>rd</sup> )	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 with 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	Small Hall	10.15-12.45
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