

Brickhill Community Centre - Programme of Regular activities 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Upper Hall		Bible Classes 10.00 - 12.00	Line Dancing 12.30 - 1.30	Zumba 9.30 - 10.30		Private Group 10.00 - 12.30	Yoga (Gen) 10.00 - 11.00
	Country Dance 2.00 - 3.00	Sainsbury Veterans 2.00 - 4.00 <i>2nd Tuesday in Month</i>	Heart Rehab 3.00 - 4.00		Mikes Line Dance 1.15 - 2.15	Karate 12.45 - 2.30	One Accord Church 1.00 - 6.00
	MK Pilates 5.45 - 6.45		Yoga (Katy) 6.00 - 7.00	NDPP 11.00 - 1.30 <i>Once a month</i>		Street Dance 3.30 - 4.30	
	County Dance 7.00 - 9.45	Tai Chi 6.00 - 7.00	Belly Dance 8.15 - 9.15	Mikes Line Dance 7.00 - 8.30			
Lower Hall	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Legs / Bums/ Tums 9.30 - 10.30	Laughter Lines Dance 9.45 - 11.45	Jo-Jingles 9.30 - 12.30	Jo-Jingles 9.30 - 11.45	Char Char Chimps 10.00 - 12.30	Keep Fit HIIT 8.00 - 9.00	Football 9.00 - 11.00
						Karate 10.45 - 12.45	Private Group 11.15 - 2.15
		Sandford Dance 4.15 - 5.15		Sandford Dance 4.00 - 6.30		AVAILABLE FOR HIRE FOR PARTIES PHONE 312332 Office Open Tuesday & Fridays 10.00 - 4.00	Ark of Noah Church 2.30 - 5.30
	Sandford Dance 4.15 - 8.00	Karate 5.45 - 6.45	WI Every 2nd Wed 7.00 - 10.00		Private Dance 4.00 - 5.00		
				Bedford Quire 7.45 - 10.15 1st, 3rd, 5th week of the month	Acrobatics 5.00 - 6.15		
	Belly Dance 8.00 - 9.00	Street Dance 7.00 - 9.00					
Meeting Room	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				Abacus Maths 5.00 - 6.00		Abacus Maths 10.00 - 12.00	Sunday School 4.00 - 5.00
Office							