

Main Hall

Monday	18:00-18:50	Sweat or Regret
	19:00-20:00	Clubbercise
Tuesday	18:30-19:30	Karate
	20:00-21:00	Keep Fit
Wednesday	12:00-13:15	Link-up Lunch Club
	16:00-20:15	Splitz Dance
	19:00-22:00	Knebworth WI (every 3rd Wednesday)
Thursday	09:30-10:30	Fit Steps
	14:00-15:30	Herts Musical Memories
	16:15-20:45	Splitz Dance
Friday	18:30-20:30	Karate

Committee Room

11:00-12:00	Hatha Yoga	
18:30-19:30	Legs, Bums & Tums	
19:30-22:00	Parish Council Meetings	
19:15-20:15	Pilates	
09:30-10:30	Keep Fit (50+)	