

## 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
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## Committee Room

### Tuesday

11:00-12:00	Hatha Yoga
18:30-19:30	Legs, Bums & Tums

### Wednesday

19:30-22:00	Parish Council Meetings
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### Thursday

19:15-20:15	Pilates
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### Friday

09:30-10:30	Keep Fit (50+)
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