

THE HAVEN COMMUNITY HUB TIMETABLE - DAY TIME CLASSES – DECEMBER 2022

To book email bookings@acsos.co.uk or call **01702 345 373**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7.30 – 8.30am AVAILABLE TO HIRE	10.00 - 12.00am Crochet £5	7.30 – 9.45am AVAILABLE TO HIRE	9.00-11.00am Table Tennis £4/£3	7.30 – 8.30am Viking Pilates £5	9.00 - 11.00am Crochet £5
9.00-11.00am Table Tennis £4/£3	10.00 – 11.00am Yoga £5	10.00 - 11.00am Qigong £5	9.00-11.00am & 11.00-1.00pm Crochet £5	9.00-10.00am Table Tennis £4/£3	11.00 -12.00am Crochet £5
10.15-11.15am Keep Fit with Liam £5	11.15-12.15pm Keep Fit with Liam £5	11.15-12.15pm Line Dancing £5	10.15-11.15am Keep Fit with Liz £5	10.00-12.00pm Cake Club – Parenting support and playgroup. cakeclubcommunity@gmail.com	10.00-12.00pm Cake Club – Parenting support and playgroup. cakeclubcommunity@gmail.com
11.30-12.30pm Body and Brain Exercise (Filipino Martial Arts) with Liam £5	12.30-1.15pm Chair Pilates (Upstairs) £5	1.00-3.00pm Book Club £2 Last Wed of month	11.30-12.15pm Supportive yoga with chairs Carmen £5	12.00-2.00pm Free Counselling Service £donation appreciated	10.00-12.00pm SAVS Family Forum www.savs-southend.org
1.00-3.00pm Cake Club – Parenting support and playgroup. cakeclubcommunity@gmail.com	1.30-2.30pm Chair Pilates (Downstairs) £5	1.00-3.00pm Knit & Natter £5	12.30-1.30pm Strollercise £5	1.00– 3.30pm Whist £3	
1.00-4.00pm Last Monday of the month Computer Class 30 min slot £5	1.00-3.00pm NEW Computer Course Coming soon £20 for 4-week course	1.00-3.00pm Art Group £5	1.15-3.15pm Bridge £3		
		1.30-3.30pm Coffee and Conversation £2	2.00-3.00pm Ballroom & Latin American Social Dance Class £5		
			2.00-3.00pm The Sound of Memories Choir £5		

THE HAVEN COMMUNITY HUB TIMETABLE – EVENING CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4.00-5.00pm AVAILABLE TO HIRE	4.30pm – 5.30pm AVAILABLE TO HIRE	4.00-5.00pm AVAILABLE TO HIRE	4.30-5.30pm AVAILABLE TO HIRE	4.00-8.00pm AVAILABLE TO HIRE	5.00pm-10.00pm AVAILABLE TO HIRE
6.00-7.00pm Viking Pilates £5	6pm-7pm Beginners Pilates with Fit Bugs Book direct by email zoe@fitbugs.net	5.30 - 6.30pm Kids Martial Arts 6-11yrs £8 Call Liam on 07543696517 or paperstreetcombatclub@gmail.com	5.45 – 7.15pm AVAILABLE TO HIRE	HALL HIRE AVAILABLE If you want to run a class, hold a meeting or event, or hold a Children’s Party Please contact us for prices and availability <u>bookings@acsos.co.uk</u> or 01702 345 373	
7.00-8.00pm Box Fit with Liam £5	7.15pm-8.15pm Pilates with Fit Bugs Book direct by email zoe@fitbugs.net	6.30.7.30pm Empty Hand Martial Arts £8 Call Liam on 07543696517 or paperstreetcombatclub@gmail.com	7.30-8.30pm YOGA with Carmen Call 07974 348040 abreathoflightyoga@gmail.com		
		7.30-8.30pm Filipino Martial Arts £8 Call Liam on 07543696517 or paperstreetcombatclub@gmail.com			

OTHER SERVICES AT THE HUB	TELEPHONE	DATES FOR YOUR DIARY
Days at the Haven – Specialist Day Centre – Spaces Available	01702 345 373	<ul style="list-style-type: none"> Carers Support Group – (3rd Tuesday of each month) Days at the Haven Christmas Concert - 16th December 4-5pm <p style="text-align: center;">Please note we will be closed from Saturday 24th December 2022 until Tuesday 3rd January 2023.</p>
So Sew by Zoe - Sewing lessons. Alterations /Repairs	07877 223241	
Classy Claws - Microdermabrasion, Facials, Gel Nails and Pedi’s	07882 167310	
Suzi’s Dreams - Reiki and Indian Head Massage	07771 266859	
Lorna Mays -Massage and Reflexology	07980 292013	
First 4 Feet - Foot Clinic	01702 554445	
Counselling – Helen Hans	07920 127929	
Healthwatch Southend	01702 416320	

Classes held at The Havens Community Hub, 138-140 Hamlet Court Road, Westcliff, SS0 7LW. www.acsos.co.uk

