



Day and Time	Class Type and Instructor	Cost	Venue and Cost	How to attend
Monday 11.45am-12.30pm	Rehab Tai Chi (advanced) Sherrie Raines	£3.85	Stratford Park Leisure Centre, Stratford Park, Stroud, GL5 4AF	01543 766771
Tuesday 11.45am - 12.45pm	Better Balance Martha Watkins	£3 (partners/carers £1.50)	Stinchcombe Village Hall, The Street, Dursley, GL11 6AW	Self refer by calling 01453 754508
Tuesday 1.00pm - 2.00pm	Better Balance Martha Watkins	£3 (partners/carers £1.50)	Stinchcombe Village Hall, The Street, Dursley, GL11 6AW	Self refer by calling 01453 754508
Wednesday 11.15am - 12.15pm	Better Balance Martha Watkins	£3 (partners/carers £1.50)	Maypole Village Hall, Stratford Road, Stroud, GL5 4AN	Self refer by calling 01453 754508
Wednesday 12.30pm - 1.30pm	Better Balance Martha Watkins	£3 (partners/carers £1.50)	Maypole Village Hall, Stratford Road, Stroud, GL5 4AN	Self refer by calling 01453 754508
Wednesday 2.45pm - 3.45pm	Better Balance Martha Watkins	£3 (partners/carers £1.50)	Hazelwood, Paddock Rise, Stonehouse, GL10 0BG	Self refer by calling 01453 754508
Thursday 11.30am - 12.30pm	Better Balance Martha Watkins	£3 (partners/carers £1.50)	Arkeil Community Centre, Nympsfield road, Nailsworth, GL6 0BG	Self refer by calling 01453 754508
Thursday 1.30pm-2.30pm	Better Balance Martha Watkins	£3 (partners/carers £1.50)	Chalford Sport and Social Club, Highfield Way, Chalford Hill, GL6 8LZ	Self refer by calling 01453 754508
Thursday 2.45pm-3.45pm	Better Balance Martha Watkins	£3 (partners/carers £1.50)	Chalford Sport and Social Club, Highfield Way, Chalford Hill, GL6 8LZ	Self refer by calling 01453 754508