

What's on Castlefields Community Centre

Mondays

Fit 2 Dance with Elizabeth (Tel 01928 714474)	11.15am -12.15pm
Tai Chi with Peter	1.00pm - 2.00pm
A1 Dance –Children’s Dance	3.45pm - 4.45pm
Rainbows and Brownies	4.45pm -6.00pm
Box-Fitness class with Clare (No Booking Required)	6.30pm -7.30pm
Open 360 Digital Skills IT Training	10.00am – 3.00pm

Tuesdays

Gentle Yoga with Janet (Tel 0787 1155740)	10.00am -11.00am
Open 360 Digital Skills IT Training	10.00am – 3.00pm
Stay Fit with Chris (Tel 07563 665956)	11.30am - 12.30pm
Bingo	6.00pm - 8.00pm
Kettlercise with Clare (No Booking Required)	6.30pm -7.30pm
Runcorn Community Choir	7.30pm -9.30pm

Wednesdays

Health Improvement- Weight Checks/Dietician (Tel 0300 029 0029)	9.00am – 12.30pm
Movement Therapy with Diane (Tel 07890 530848)	10.00am - 11.00am
Fresh Start Exercise Referral Required Health Improvement (Tel 0300 029 0029)	11.15am -1.00pm
Health Improvement –Exercise on Referral (Tel 0300 029 0029)	1.00pm – 2.30pm
Health Improvement Consultations (Tel 0300 029 0029)	1.00pm – 4.30pm
Dietician -Health Improvement Team (Tel 0300 029 0029)	3.00pm - 7.00pm
Weight Watchers	6.30pm - 7.30pm

Thursdays

Yoga	10.00am -11.00am
Fit 2 Dance by A1 Dance (Over 50’s) Tel 01928 714474	11.15am – 12.15pm
DKS Karate for Children (No Booking Required)	5.00pm – 6.00pm
Yoga with Janet (Tel 0787 1155 740)	6.30pm -7.45pm
Councilors Surgery (3 rd Thursday in month)	7.00pm - 8.00pm

Fridays

Keep Fit with Janet (Tel 0787 11 55 740)	10.00am -11.00am
Art Class	2.00pm – 4.30pm
A1 Dance – Children’s Dance	4.45pm -6.15pm
Taekwondo with Colin (No Booking Required)	.6.30pm – 8.30pm

Saturdays

CLOSED

Cafe Opening times 9:00am – 1.00pm Free Wifi

Monday to Friday



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