



## Monday

9.30-11.30am	Little Larks Parent Toddler Group	enquiries@lindenhall.org.uk
9.30-11am	Crafty Tales 0-12mths 9.30-10am & 1-2yrs 10.30-11am	enquiries@lindehall.org.uk
12-1pm	Pilates Motion Flow	www.pilatesflowmotion.com
2.30-4.30pm	The Real Junk Food Project Twickenham (Surplus Food)	www.trjfptwickenham.com
6-7pm & 7-8pm	Body Conditioning with Max	www.maxbridger.com
6.15-7.15pm	Movement Awareness Feldenkrais Method	www.movementawareness.uk
7.45-8.45pm	Yoga	jessicalumley@me.com

## Tuesday

10am-2pm	Lindeners Social Club	enquiries@lindenhall.org.uk
10.45-11.30am	Seated Exercises	enquiries@lindenhall.org.uk
3-5pm	Community Suppers (Hot meals and surplus take away)	enquiries@lindenhall.org.uk
6-9pm	Gateway Club	www.richmondgatewayclub.org

## Wednesday

9.30-11.30am	Little Larks Parent Toddler Group	enquiries@lindenhall.org.uk
12-1pm	Pilates Motion Flow	www.pilatesflowmotion.com
1.30-3pm	Linden Hall Table Tennis Club	enquiries@lindenhall.org.uk
6.30-7.30pm	Body Conditioning with Max	www.maxbridger.com

## Thursday

10am-2pm	Lindeners Social Club	enquiries@lindenhall.org.uk
11.30am-1.30pm	The Real Junk Food Project Twickenham (Surplus Food)	www.trjfptwickenham.com
5-7.30pm	Starlight Theatre Company Youth Group	www.starlightytc.com
5.30-10pm	Starlight Theatre Company Adult Group	www.starlightytc.com

## Friday

8.55-9.55am	Perform 2 Perfection Pilates	www.perform2perfection.co.uk
10am-2pm	Lindeners Social Club	enquiries@lindenhall.org.uk
10.15-11.15am	Zumba Gold	enquiries@lindenhall.org.uk
1-3pm	Women's Institute Tudor Rose (Last Friday every Month)	

## Saturday

8.30am-12pm	Slimming World	www.slimmingworld.co.uk
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## Sunday

9.30am-1.30pm	Reality Dog Training	www.petdogbehaviour.com
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