

Strength & Balance Exercise Class Timetable

MONDAY

11am-12pm

Elizabeth Prout
Gardens
High Street
Rowley Regis
B65 0EJ

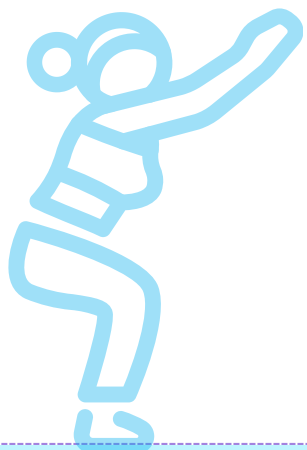
1pm-2pm

4 Community
Trust Hub
Wiltshire Way
West Bromwich
B71 1JU

TUESDAY

1pm - 2pm

Brasshouse
Community Centre
Brasshouse Lane
Smethwick
B66 1BA



WEDNESDAY

11am - 12pm

Toll End Methodist
Church
46 Bourne Avenue
Tipton
DY4 0LW

2pm - 3pm

Brushstrokes
253 High St
Smethwick
B66 3NJ

THURSDAY

11am-12pm

Springfield Social
Club
198 Dudley Rd
Rowley Regis
B65 8PX
(closed group)

11am - 12pm

Centre for Oneness
Great Western
Street
Wednesbury
WS10 0AS

FRIDAY

9:30am -
10:30am

Apsley House
Wellington St
Cradley Heath
B64 5NF

1pm- 2pm

Gurdwara Baba
Sangh Ji
9 St Paul's Road
Smethwick
B66 1EE