



SOCIAL ACTIVITIES

LUNCH AND LEARN | MAY - MARCH 2019

May 2018 @ 13:00 - Presentation Skills - 13 MADDOX STREET

July 2018 @ 13:00 - Food and Mood - 13 MADDOX STREET

September 2018 @ 13:00 - Digital Detox - 13 MADDOX STREET

November 2018 @ 13:00 - Networking - 13 MADDOX STREET

January 2019 @ 13:00 - Financial Wellbeing - MADDOX STREET

March 2019 @ 13:00 - Sleep - 13 MADDOX STREET

PHONE PHOTOGRAPHY | JULY - SEPTEMBER

Wednesdays @ 18:00 - 19:00 - HEDDON HOUSE / REGENT STREET

WINE, BEER AND CIDER TASTING | APRIL - FEB 2019

10 April 2018 @ 18:00 - White Wine - HEDDON HOUSE

5 June 2018 @ 18:00 - Rosé Wine - HEDDON HOUSE

17 July 2018 @ 18:00 - Cider - HEDDON HOUSE

9 October 2018 @ 18:00 - Beer - HEDDON HOUSE

12 February 2019 @ 18:00 - Red Wine - HEDDON HOUSE



PHYSICAL ACTIVITIES

WEEKLY | RUNNING ALL YEAR

ZUMBA

Mondays @ 18:30 - 19:30 - 13 MADDOX STREET

BOOT CAMP

Mondays @ 18:15 - 19:15 - GREEN PARK

Tuesdays @ 18:15 - 19:15 - GREEN PARK

Wednesdays @ 18:15 - 19:15 - GREEN PARK

Thursdays @ 18:15 - 19:15 - GREEN PARK

PILATES

Wednesdays @ 07:30 - 08:30 - 13 MADDOX STREET

YOGA

Mondays @ 12:00 - 13:00 - 13 MADDOX STREET

Wednesdays @ 18:30 - 19:30 - 13 MADDOX STREET

Thursdays @ 18:00 - 19:00 - 13 MADDOX STREET

SEASONAL | RUNNING QUARTERLY

RUNNING CLUB | APRIL - JULY

Mondays @ 18:15 - 19:15 - HYDE PARK

ABS ATTACK | APRIL - JUNE

Thursdays @ 13:00 - 13:30 - 13 MADDOX STREET

Thursdays @ 13:30 - 14:00 - 13 MADDOX STREET

SELF DEFENSE | SEPTEMBER - DECEMBER

Tuesdays @ 18:15 - 19:15 - 13 MADDOX STREET

