



**Altens and Cove Community Association**  
*Run by a voluntary Board of Trustees, for the community*

MONDAY		TUESDAY		WEDNESDAY	
TIME	CLASS/EVENT	TIME	CLASS/EVENT	TIME	CLASS/EVENT
0900-1200	Footstars - Kids' Football (ages 2-5 yrs)	0920-1115	Big Fishies Playgroup (ages 2 1/2 - 5 yrs)	0920-1115	Big Fishies Playgroup (ages 2 1/2 - 5 yrs)
0920-1115	Big Fishies Playgroup (ages 2 1/2 - 5 yrs)	0920-1115	Little Fishies Playgroup (ages 24 months - 3 yrs)	0920-1115	Little Fishies Playgroup (ages 24 months - 3 yrs)
0920-1115	Little Fishies Playgroup (ages 24 months - 3 yrs)	1000-1200	Badminton	1300-1445	Parent and Baby/Toddler Group
1300-1600	Indoor Bowling	1800-2100	Tanya Maitland School of Dance	1300-1500	Craft Group
1600-1745	Footstars - After school football (ages 5-7 yrs)	1830 -2000	Wing Tsjun Martial Arts	1600-1700	Indoor Basketball (ages 8-12)
1800-1830	Metafit Fitness Class	2000-2100	Adriana Uribe Yoga Class	1730-1930	Love Citadel
1800-1900	Lego Club (ages 6-16)			1800-1900	Blue Dynamite Cheerleaders
1830 -2000	Wing Tsjun Martial Arts			1800-2000	Awesome Paws
2000-2100	Clubbercise Fitness Class			1915-2015	Powerhoop Boxing Fitness Class
				2015-2115	Table Tennis - must be booked in advance, email Centre for details.
THURSDAY		FRIDAY		SUNDAY	
TIME	CLASS/EVENT	TIME	CLASS/EVENT	TIME	CLASS/EVENT
0920-1115	Big Fishies Playgroup (ages 2 1/2 - 5 yrs)	0920-1115	Big Fishies Playgroup (ages 2 1/2 - 5 yrs)	1000-1300	Love Citadel
0920-1115	Little Fishies Playgroup (ages 24 months - 3 yrs)	0920-1115	Little Fishies Playgroup (ages 24 months - 3 yrs)	1030-1330	Tai Chi Academy
1030-1130	Altens Health Walk	0930-1030	Zumba Fitness Class	1330-1730	Blue Dynamite Cheerleaders
1400-1600	50+ Bingo	1530-2030	Miss Forrest School of Dance	1400-2000	*Smaller rooms available for private parties and community events
1730-2100	Tanya Maitland School of Dance	2000-2200	*Altens Youth Club (For P7 and above)	1800-1900	Guitar Lessons
1830 -2000	Wing Tsjun Martial Arts	<b>SATURDAY</b>		1900-2000	Circuit Class (private group)
1930-2130	Evening Bingo	TIME	CLASS/EVENT	<b>Contact us:</b>	<b>Facebook</b> @altencc <a href="http://www.facebook.com/altencc/">www.facebook.com/altencc/</a> <b>Email</b> altencc@gmail.com <b>Phone</b> 01224 896798
2000-2100	Adriana Uribe Yoga Class	0930-1415	Tanya Maitland School of Dance		
		1430-2100	*Community events and private parties		

\* Subject to availability of volunteers