**MRS Independent Living Staying Steady Timetable** **Sep 2023-March 2024**

| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| --- | --- | --- | --- | --- |
| **Morning** |
| (1) 11.00am QueensbridgeSports Centre **E8**Petra | (3) 11.00amWhitmore Community Centre **N1**Martin |  |   |  |
| (2) 11.30amMildmayCommunity Centre **N16**Martin | (4) 10.45amGolden LaneCommunity Centre **EC1**Charlotte |  |  | (7) 12.00 middayPemburyCommunity Centre **E8**Charlotte |
| **Afternoon** |
|  | (5) 1.00pmPemburyCommunity Centre **E8**Robbie |  (6) 12.30pmMorningsideCommunity Centre **E9**Charlotte |   |  (8) 2pmRedmondCommunity Centre**Women Only Class** **N4**Charlotte |