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

| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| --- | --- | --- | --- | --- |
| **Morning** | | | | |
| (1) 11.00am  Queensbridge  Sports Centre **E8**  Petra | (3) 11.00am  Whitmore  Community Centre **N1**  Martin |  |  |  |
| (2) 11.30am  Mildmay  Community Centre **N16**  Martin | (4) 10.45am  Golden Lane  Community Centre **EC1**  Charlotte |  |  | (7) 12.00 midday  Pembury  Community Centre **E8**  Charlotte |
| **Afternoon** | | | | |
|  | (5) 1.00pm  Pembury  Community Centre **E8**  Robbie | (6) 12.30pm  Morningside  Community Centre **E9**  Charlotte |  | (8) 2pm  Redmond  Community Centre  **Women Only Class** **N4**  Charlotte |