

Strength and Balance Timetable January to March 2025

Venue	Day of Week	Time	Spaces Available
Hayes and Harlington Community Centre	Monday	14:00 – 14:45	20 spaces
Uxbridge Library	Monday	13:15 – 14:00	15 spaces
		14:30 – 15:15	15 spaces
Oak Farm Library	Tuesday	11:35 – 12:10	15 spaces
		12:15 – 12:55	15 spaces
Ruislip Manor Library	Tuesday	13:30 – 14:10 (dementia friendly)	15 spaces
		14:20 – 15:00	15 spaces
Botwell Library	Wednesdays	9:45-10:30	15 spaces
Stables	Wednesday	13:00-13:45	15 spaces
Yiewsley & West Drayton Community Centre	Thursday	10:45-11:30	20 spaces
Fairfield	Thursday	12:30-1:15	20 spaces
The Uxbridge Centre			
	Wednesday	12:45-13:30	20 Spaces +