**Activity Timetable Nov 2023**

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| **Monday** |
| **Born into Rhythm** 10.45am – 11.45am (Cousins Room)  **Beavers and Cubs** 5.00pm – 8.00pm (Main Hall)  **Quay Dance** 6.15pm – 8.45pm (Cousins Room)  **Ixworth Badminton** 8.30pm – 9.30pm (Main Hall) |
| **Tuesday** |
| **Quay Dance** 9.30am – 10.15am (Cousins Room)  4.45pm – 7.00pm (Cousins Room)  **Over 60’s Club** 2.00pm - 4.00pm every 2nd and 4th Tuesday  of the month (Cousins Room)  **Yoga for Fitness & Wellbeing** 6.30pm – 7.30pm (Main Hall) |
| **Wednesday** |
| **Slimming World** 9.00am – 12.00pm (Main Hall)  **Quay Dance** 5.30pm – 7.30pm (Cousins Room)  **Parish Council** 6.30pm – 9.00pm every 2nd Wednesday of the month (Bar Area) |
| **Thursday** |
| **Elevate Dance Fitness Class** 9.15am – 10.15am (Cousins Room)  **Julie’s Yoga Class** 10.00am – 11.30am (Main Hall)  **Ixworth Ladies Voices Choir** 7.30pm – 9.15pm (Main Hall)  **Ixworth Youth Club** 6.15pm – 9.15pm (Cousins Room) |
| **Friday** |
| **Baby Sensory** 8.30am – 1.30pm (Main Hall)  **Quay Dance** 4.00pm – 7.00pm (Cousins Room)  **Scouts**  7.00pm – 9.00pm (Main Hall) |
| **Saturday** |
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| **Sunday** |
| **Cinema Club** 2.00pm – 6.00pm every last Sunday in the month, doors open 2.00pm, film starts 2.30pm (Main Hall) |