

Ealing 50+ Programme

Southall Sports Centre

DAY	SESSION	TIME
Monday	Supervised Gym	10.00-12.00
Tuesday	Bowls	10.00-12.00
Tuesday	Supervised Gym	10.00-12.00
Wednesday	Supervised Gym	10.00-12.00
Friday	Table Tennis	14.00-16.00

Timetable correct as of July 2018