



The Whitworth  
Est 1890

# Well-being Programme 2025

## Monday

Seated Dance 10.00 - 12.00  
Indoor Bowls 13.30 - 16.00  
Mat Pliates 18.00 - 19.00  
Zumba 19.00 - 20.00

## Tuesday

Indoor Bowls 13.30 - 16.00  
Latin & Ballroom Kids - 17.30 - 18.30  
Latin & Ballroom Adults -  
Improvers - 18:45 - 19:30  
Intermediate - 19:30 - 20:30  
Intermediate - 20:15 - 21:15

## Wednesday

Warm Wednesdays 09.30 - 16.30  
Zumba Gold 09.30 - 10.30  
Latin & Ballroom 10.00 - 11.00

## Thursday

Yoga with Andrea 18.30 - 19.30

## Friday

U3A Table Tennis 14.00 - 16.00  
Wayfinders 17.45 - 19.30  
Table tennis 19.00 - 21.30

**FOR MORE INFORMATION VISIT [WWW.THEWHITWORTH.ORG](http://WWW.THEWHITWORTH.ORG)**



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