



The Norman Centre

Exercise classes

	Time	Activity
Monday	10-11am	Aerobics
	10.30-midday	Yoga
	2-4pm	Nifty fifties
	2-4pm	Retired table tennis
	5.30-6pm	H.I.I.T class *
	6.30-7.30pm	Zumba
	6.30-7.30pm	Junior Jujitsu (5-15 years)
	7.30-9pm	Jujitsu
	7-9.30pm	Aikido
Tuesday	9.30-10.30am	Retired short tennis
	10-11am	Circuits *
	12.30-3.30pm	Arts for health
	5.30-6.15pm	Beginners circuits *
	6.30-7.30pm	Aerobics
	7-8pm	Egyptian belly dance
Wednesday	3.30-4.30pm	Ballet be fit for (older adults)
	5.30-6.30pm	Circuits *
	6.15-7.15pm	Pilates
	7-8pm	Punch and strike
	7.30-9.30pm	Aikido
	8-9.30pm	Tai Chi
Thursday	9am-midday	Smiley tots
	10am-midday	Retired table tennis
	1-3pm	Creative writing (every 2 weeks)
	4.30-7pm	Traditional Karate
	5.30-6.30pm	Active Kidz
	7-8pm	New Bokwa
	7-8pm	Aerobics
Friday	11am-1pm	Feel good Fridays
	6-8pm	Choi-kwang-do
	6.30pm-8.30pm	Arts for health
Saturday	10am-1pm	Showstoppers ballet
	10.15-11am	New parents and children circuits *
	11am-midday	Junior gym
	11.30am-1pm	Street dance

* free for gym users with a 4 week pass

Updated June 2015



NORWICH
City Council