



Rawcliffe Village Hall Regular Activities

Day	Morning	Afternoon	Evening
Monday		Craft Companions 1.45-3.15pm (Monthly)	Crazy Legs School of Dance 6.30-8.30pm
Tuesday		u3a Sketchbook Challenge 2.00-4.00pm (Monthly)	Karate 5.30-7.00pm Badminton 7.30-9.00pm
Wednesday	Sewing Class 10.00-12.00pm	Yoga & Meditation Class 1.15-2.15pm 2.30-3.30pm Chair based u3a Table Tennis 2.00-3.30pm	Progress with Posivickity 6.00-7.00pm
Thursday			Rawcliffe Table Tennis Club 7.00-8.30pm Yoga & Meditation Class 7.15-8.15pm
Friday		Afternoon Catch Up 1.00-4.00pm (Bi-Weekly)	Tai Chi & Qigong 6.00-7.30pm Badminton 7.30-9.30pm



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