



# What's On at our centres

## Monday 22<sup>nd</sup> April to Sunday 28<sup>th</sup> April

Blow away those winter blues and improve your Health & Wellbeing by getting out and about, joining a new group, or learning a new skill.

Please call us on 01604 583626 or E: [office@duston-pc.gov.uk](mailto:office@duston-pc.gov.uk)

for more info on any of the groups listed below

MON	TUE	WED	THU	FRI	SAT	SUN
	Sugar & Spice	Favel Day Services	Hartbeeps			
	Weight-watchers Brownies	Slimming World	DPC Planning Finance & General Purposes	Boxing Class		Pentecostal Church
		Duston Art Group	Indoor Bowls		Taekwondo	Weight-watchers
	Pilates Fitness Class	Happy Circle Weight-watchers	U5's Music Class Guides		Dance Class	
	Duston Camera Club	Youth Club Jnrs & Snrs	Weight-watchers		Martial Arts	
	Local Health Walks	Local Health Walk	Slimming World			
		Yoga	Table Tennis			
		U5's Music Class	Cotswold WI			
			Yoga			