



What's On at our centres

Monday 2nd December to Sunday 8th December

Blow away those cobwebs 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

for more info on any of the groups listed below

MON	TUE	WED	THU	FRI	SAT	SUN
Indoor Bowls	Computer Pals Rangers	Favel Day Services Pilates	Hartbeeps Pilates		Taekwondo Martial Arts	Pentecostal Church
Bridge Club	Weight-Watchers Guides	Slimming World Yoga	Ballet Classes for over 55's		Dance Class	Weight-Watchers
Gentle Yoga	Beavers & Cubs	Duston Art Group	Indoor Bowls			
RBL-Women Section	Pilates Sweaty Mama	Happy Circle Weight-Watchers	Weight-Watchers			
	Duston Camera Club	Youth Club Jnrs & Snrs	Table Tennis			
	Local Health Walks	Local Health Walk	Slimming World			
	Brownies		Yoga			
			Guides			