



# Strength & Balance Exercise Class Timetable

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>11am-12pm Elizabeth Prout Gardens High Street Rowley Regis B65 0EJ</p> <p>1pm - 2pm Glebefields Library St Marks Road Tipton DY4 0SZ</p> <p>2:30pm - 3:30pm Myra Harris Community Room Brickhouse Lane West Bromwich B70 0DZ</p>	<p>11:30am - 12:30pm Holy Cross Church Ashleigh Road Tividale Oldbury B69 1LL (closed group)</p> <p>1pm - 2pm Brasshouse Community Centre Brasshouse Lane Smethwick B66 1BA</p>	<p>11:30am-12:30pm West Bromwich Leisure Centre Moor Street West Bromwich B70 7AZ</p> 	<p>11am-12pm Apsley House Wellington Street Cradley Heath B64 5NF</p> <p>12pm - 1pm Centre for Oneness Great Western Street Wednesbury WS10 0AS</p>	<p>11am - 12pm, 12pm - 1pm, 1pm - 2pm Blackheath Library 145 High St Blackheath B65 0EA</p> 