



# The Norman Centre

## Norman Centre Activities

	Time	Activity
<b>Monday</b>	10am-11am	Aerobics
	2pm-4pm	Nifty Fifties
	2pm-4pm	Retired Table Tennis
	6.30pm-7.30pm	Junior Jujitsu (5-15 yrs)
	7.30pm-9pm	Jujitsu
<b>Tuesday</b>	9.45am-11.15am	Retired Short Tennis
	10am-11am	Pre School Music
	12.30pm-3.30pm	Arts for Health
	6:30pm-8pm	Quigong
	6.30pm-7.30pm	Aerobics
	7.30pm-8.30pm	Ab Attack
<b>Wednesday</b>	9.30am-10.30am	Circuit Training
	6.15pm-7.15pm	Fitness Attack
	8pm-9.30pm	Tai Chi
<b>Thursday</b>	9.30am-11.30am	Smiley Tots Toddler Group
	10am-12 noon	Retired Table Tennis
	1.30pm-3pm	Creative Writing
	5.30pm-6.30pm	Active Kidz
	7pm-8pm	Aerobics
	9am-1pm	Stop smoking t:0800 0854113
<b>Friday</b>	10am-11am	Aerobics
	6.30pm-8.30pm	Arts for Health
	7pm-8pm	Circuit training
<b>Saturday</b>	10am-1pm	Showstoppers Children's Ballet
	11am-12 noon	Junior Gym
	11.30am-1pm	Street & Jazz Dance Club

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**NORWICH**  
City Council