

## ATHLETICS ROOM DEMONSTRATIONS

TIME	CLASSES PERFORMING
10.00 am - 10.30 am	<b>Guitar &amp; Ukulele</b> - Tutor <u>Colin</u> .
10.30 am - 11.00 am	<b>Seated Aerobics &amp; Weights</b> - Tutor <u>Joan</u> .
11.00 am - 11.30 am	<b>Musical Jam</b> - Tutor <u>John</u> .
11.30 am - 12.00 pm	Keystone Hall-U3A 30th Anniv. celebrations
12.00 pm - 12.30 pm	<b>Beginners' Guitar &amp; Ukulele</b> - Tutor <u>Frank</u> .
12.30 pm - 1.00 pm	<b>Yoga Thursdays</b> - Tutor <u>Dee</u> .
1.00 pm - 1.30 pm	<b>Beginners' Guitar &amp; Ukulele Continuing</b> - Tutor <u>Frank</u> .
1.30 pm - 2.00 pm	<b>U3A Singers</b> - Tutor <u>Mary</u> .
2.00 pm - 2.30 pm	<b>Musicology</b> - Tutor <u>Peter</u> .

