

Cherwell Exercise Class List

Venue	Class Type	Day	Time
Deddington Windmill Centre	Gentle Exercise to Music	Monday	2.30 - 3.30pm.
Bicester Saxon Court	Seated Exercise	Friday	10.30 - 11.30am
Piddington Village Hall	Seated Exercise	Monday	2 - 3pm
Bicester Resource Centre	Tai Chi	Monday	1.55 - 2.55pm.
The Courtyard, Bicester	Tai Chi	Thursday	3 - 4pm
WRVS Cornhill Centre, Banbury	Tai Chi	Wednesday	2.40 - 3.40pm.
WRVS Cornhill Centre, Banbury	Tai Chi	Friday	3.40 - 4.40pm.