

Vale Exercise Class List

Venue	Class Type	Day	Time
Fountain Court, Abingdon	Seated Exercise	Tuesday	2.30 - 3.30pm
Faringdon Bowls Club	Seated Exercise	Thursday	10 - 11am.
Botley, Seacourt Hall	Seated Exercise	Tuesday	10.30 -11.30am.
Maud House, Wantage	Seated Exercise	Thursday	1.30 - 2.30pm.
Radley Village Hall	Gentle Exercise to Music	Monday	2 - 3pm.
Southmoor Village Hall.	Gentle exercise to Music	Tuesday	2 - 3pm.
Abingdon Trinity Church Centre	Tai Chi	Monday	10 - 11am.