

# Our Timetable

All activities start at Wesley Halls



Physical & Wellbeing	Skills for Life	Arts
----------------------	-----------------	------

Day	Time	Activity	Location
MONDAY	AM	Zumba	Sydenham
		Art	Wesley Halls
		Life Skills	Wesley Halls
		Baking	Wesley Halls
MONDAY	PM	Kickboxing	Wesley Halls
		Sports & Games	Wesley Halls
		Drama & Music	Wesley Halls
		Lunch Out	Local Area
TUESDAY	AM	Gym	Downham
		Bike Riding	Croydon
		Golf	Sundridge
		Cooking	Wesley Halls
TUESDAY	PM	Shopping	Bromley
		Bowling	Surrey Quays
TUESDAY	PM	Drumming	Wesley Halls
		Cooking	Wesley Halls
		Shopping	Bromley
WEDNESDAY	AM	Swimming	Downham
		Media	On Location
		Sensory Games	Wesley Halls
		Computer Club	Wesley Halls
		Cooking	Wesley Halls
WEDNESDAY	PM	Bowling	Lewisham
		Yoga	Wesley Halls
		Pub Lunch	Local Area
WEDNESDAY	PM	Cooking	Wesley Halls
		Football Training	Various
		Cheerleading	Wesley Halls
THURSDAY	AM	Kickboxing	Wesley Halls
		Allotment	Forest Hill
		Gym	Downham
		Art	Wesley Halls
THURSDAY	PM	Pub Lunch	Local Area
		Allotment	Forest Hill
		Pom Poms	Wesley Halls
FRIDAY	AM	Bike Riding	Ladywell
		Media	On Location
		Market Trip & Travel Training	Various
		Trampolining	Downham
FRIDAY	PM	X-Factor	Wesley Halls
		Lunch & Bingo	Downham
		Smoothie Making	Wesley Halls