

STANDING TALL



WEEKLY SCHEDULE OF CLASSES

DAY	TIME	ADDRESS	CONTACT	BUS ROUTES
Tues	10:00-11:30 11:00-12:30	Hangleton Community Centre, Harmsworth Crescent, Hove, BN3 8BW	Ruth 07399 993426	5, 5A, 5B, Hardwick Rd Stop
Weds	10:00-11:00 11:00-12.30	The Hop 50+, Palmeira Square, Hove, BN3 2FL	Ruth 07399 993426	1, 1A, 2, 5, 5A, 5B, 6, 46, 49
	10:00-11:00 11:15-12:15	Our Lady of Lourdes Church, 1 Steyning Road, Rottingdean, BN2 7GA	Julie 07736 122941	2
	13:15-14.45	South Portslade Community Centre, Church Road, Portslade, BN41 1LB	Ruth 07399 993426	1, 1A
Thur	10:00-11:00 11:15-12:15	Crowhurst Community Hall, Knoyle Road, Brighton, BN1 6RB	Julie 07736 122941	5, 5A
	13:30-15:00	St. Richards Community Centre, Egmont Road, Hove, BN3 7FP	Ruth 07399 993426	16A, 47
Fri	10:30-11:30	Leach Court, Park Street, Brighton, BN2 0AQ	Julie 07736 122941	1, 1A, 7, 23
	12:00-13:00 13:30-14:30	Patching Lodge, Park Street, Brighton, BN2 0AQ	Julie 07736 122941	1, 1A, 7, 23



Brighton & Hove
City Council

We are delighted that Standing Tall classes are subsidised by Brighton and Hove City Council.

All classes cost £5/classb.

Please call for a friendly chat and to check availability.