

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



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

All classes cost £5/class.

Please call for a friendly chat and to check availability.