

WHAT'S ON EAST LOTHIAN - HADDINGTON

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WELL BEING WALKS (CHANGES)	KEEP FIT & CHAT THE BRIDGE CENTRE 9.45am  STRENGTH & BALANCE WALKS AUBIGNY SPORTS CENTRE 10am - 11am	IYENGAR YOGA BRIDGE CENTRE HADDINGTON 9.45am – 12.15pm	WALKING GROUP OUTSIDE AUBIGNY CENTRE 10.00am	YOGA & RELAXATION BRIDGE CENTRE 10AM – 11 am
SPORTING MEMORIES HADDINGTON BOWLING CLUB EVERY MONDAY 1pm – 2.30pm £1 per session (includes refreshments)		EXTEND EXERCISE CLASS CORN EXCHANGE OR TOWNHOUSE 1.30pm – 2.30pm	FRIENDSHIP HOUR HADDINGTON WEST PC ALTERNATE THURSDAYS 2pm OCTOBER TO MARCH CHURCH HALL	GOOD MEMORIES CAFÉ THE JOHN GRAY CENTRE LAST FRIDAY OF EVERY MONTH 2pm – 3.30pm
	HATHA YOGA BRIDGE CENTRE 6.30pm – 7.30pm 7.45pm – 9.15pm	POLDRATE QUILTERS BRIDGE CENTRE HADDINGTON 1.30pm – 3.30pm	KEEP FIT CLASSES THE BRIDGE CENTRE 7pm	
			RELAXED YOGA FOR EVERYONE AUBIGNY CENTRE 7pm-8pm	

	Guild. Haddington West PC 7.30pm fortnightly in winter			
	Open Door café Haddington West PC Most Tuesdays 9.30 – 11.30			