

Sixty plus

It's all go at Katherine Low!!

2019

Monday

Yoga £
11:30—12:45

Line Dancing £
2:30-3:30

Community Choir
4:00 -6:00

Tuesday

Chair Based *
Dance 10:30-11:30

Chair Exercise *
11:30-12:30

Lunch Club £3.50
12:30-1:30

**Fortnightly Fun &
Games at KLS**
1:30-3pm

**Alternative weeks
Contact Club @
Dimson Lodge**
Battersea Church Road

Wednesday

Sewing group £2
10:00-11:30

Exercise Activities *
(Intermediate level)
11:30-12:30

Dance for Life *
11:30-12:30

Lunch Club £3.50
12:30-13:30

Thursday

Tai Chi £
10:00-11:15 and
11:30-12:45

Chair Exercise *
10:00-11:00 and
11:00-12:00

Lunch Club £3.50
12:30-13:30

Drama group
1:30-3:30

Friday

Activities with a £ indicates a small cost

*** Please call to find out about spaces in our exercise classes**

Katherine Low Settlement
108 Battersea High Street
SW11 3HP

020 7223 2845 ask for Dawn, Lucie or Sarah



Katherine Low Settlement
since 1924