

Exercise Classes for 2025

Day and Time	Class	Venue
Monday 2 to 3 pm	Pilates	LOSCA, 51 Twyford Dr, Lee-on-Solent, PO13 8JU
Tuesday 11:30 to 12:30	Yoga	
Thursday 11:30 to 12:30	Keep-Fit	Our Lady of the Immaculate Conception, Bells Ln, PO14 2PL
Friday 11:30 to 12:30	Movement to Music	

Monthly Meet-ups

Friday 14 Feb 2pm Friday 14 Mar 2pm Friday 11 Apr 2pm	Moot Alver Valley Garden Centre Barrington Close Gosport PO13 8NZ
Wednesday 26 Feb 11:30 Wednesday 26 Mar 11:30 Wednesdy 30 April 11:30	Moot The Seagull Cornaway Ln Portchester PO16 9DB
Wednesday 19 Feb 19:30 Wednesday 19 Mar 19:30 Wednesday 16 April 19:30	Solent Male Carers The Wheatsheaf 1 East St Titchfield PO14 4AD

Drop-ins

Physio	21 Feb 11:30 21 Mar 11:30	Our Lady of the Immaculate Conception, Bells Ln, PO14 2PL
MS Nurse	7 Feb 11:30 7 Mar 11:30 4 Apr 11:30	

Extra Activities

15 March 6:30pm – March Mayhem, Palmerston Indoor Bowling Club

26 March 11:00am – Managing Anxiety Workshop, Our Lady of Immaculate Conception

Loz's nails, fortnightly during Movement to Music – 07504 620979 to book your space