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| --- | --- | --- | --- | --- | --- |
| Day | Time | Group | Name | Web site | Contact Numbers |
| Mondays | 10am - 12pm | Everyone active |  |  |  |
|  | 12.15pm | Cash Bingo |  | www.highfieldcommunitycentre.co.uk | 01442 211688 |
|  | 5.20pm - 6.20pm | Karate – Childs Classes |  |  |  |
|  | 6.30pm - 7.30pm | Metafit |  | www.metafit-training.com | 07710 567735 |
|  | 8pm-9:30pm | Jive of Hearts | Garrett Pennery |  | 07828 269223 |
| Tuesdays | 9.30am - 11.30am | Inspire All (Term Time Only) | Windmill Children’s Centre |  | 01442 426303 |
|  | 09:30,13;30 &18:30 | WW | Weight Watchers |  |  |
|  | 1.30pm – 3.30pm | Short Mat Bowls |  | www.highfieldcommunitycentre.co.uk | 01442 211688 |
|  | 7.30pm – 9pm | Pollard Dance |  | www.highfieldcommunitycentre.co.uk | 01442 211688 |
| Wednesdays | 9am - 1pm | Community & Internet Cafe |  | www.highfieldcommunitycentre.co.uk | 01442 211688 |
|  | 10-11am | Everyone active |  |  |  |
|  | 13:30-14:30 | Golden Years | Caitlin | [info@caspaschools.co.uk](mailto:info@caspaschools.co.uk) | 07501970899 |
|  | 1.45pm – 3.45pm | Highfield W.I. (3rd Wednesday of each month) |  |  |  |
|  | 6.30pm – 8pm | U.M.A.I Kickboxing |  |  |  |
| Thursdays | 9am – 1pm | Community & Internet Café |  | www.highfieldcommunitycentre.co.uk | 01442 211688 |
|  | 10am – 12am | Knit & Natter |  |  |  |
|  | 10am – 10.45am | Baby ballet |  | [www.energydancing.co.uk](http://www.energydancing.co.uk) | 07795022946 |
|  | 3.45pm - 5.45pm | Energy |  |  |  |
|  | 18:15-19:45 | Karate |  |  |  |
|  | 7.45pm-10.15pm | Tudor Squares |  |  |  |
| Fridays | 10am - 12pm | Short Mat Bowls |  | www.highfieldcommunitycentre.co.uk | 01442 211688 |
|  | 1.20pm - 2.15pm | Dacorum Bangladeshi Welfare Assoc |  |  |  |
|  | 6.30pm | Cash Bingo |  | www.highfieldcommunitycentre.co.uk | 01442 211688 |
| Saturdays | 5.30pm | Prize Bingo (1st Sat of each month) |  | www.highfieldcommunitycentre.co.uk | 01442 211688 |
| Sundays | 10.00 – 3.00pm | Apostolic Church |  | www.highfieldcommunitycentre.co.uk | 01442 211688 |