

# Far Flung in the Weekly Timetable



## Wednesdays

Funky Llama Dance 10.30am-12pm at TR2

Contact: [lauren.flook@theatreroyal.com](mailto:lauren.flook@theatreroyal.com)

## Thursdays

Dame Hannahs Stretch Class 11am-12pm (closed session)

Highbury Trust Drama 10.45am-11.45am Contact:

[dayservice@plymouthhighburytrust.org.uk](mailto:dayservice@plymouthhighburytrust.org.uk)

Moving Sounds 1.45-2.45 at Plymouth Music Zone £3.00

Contact: [karl@plymouthmusiczone.org](mailto:karl@plymouthmusiczone.org)

Coffee Cup Choir 5.45pm-7pm at Prime Cafe £3.50

## Fridays

Flung Further 9-10am at Space to Move £3.50

Adult Class 10.45am-12.15pm at TR2 £4.00

Open Class 1-2pm at TR2 £3.50

## Every last Friday of the month:

Tidal Surge at National Marine Aquarium \*Replacing Open Class 1-2pm

Steering Group 2.15-3.15pm in the Aquarium Cafe Free



NATIONAL LOTTERY FUNDED



Plymouth Highbury Trust

