

Opening Hours

Monday 9.00am—10.00pm

Tuesday 9.00am—9.00pm

Wednesday 10.00am—10.00pm

Thursday 10.00am—10.00pm

Friday 9.00am—10.00pm

Contact Details

All Saints Community Association
Stanley Street
South Shields
Tyne and Wear
NE34 0BX
0191 4561185

Find us on Facebook
“All Saints Community Association”
Or on the internet
www.allsaintsca.org.uk

All Saints

Community Association

Centre Programme

**Courses and Activities to suit every
member of the Community**

**Keep Fit Classes
Slimming Club
Arts, Models and Crafts
Youth Work Sessions
Youth Activities
U3A Groups
Dance Classes
Dog Classes
Gym Facilities
Spinning Classes
Coffee Bar and Snack Bar**

TRY OUR
NEW SPINNING STUDIO
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VARIOUS ROOMS
AVAILABLE FOR HIRE
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GOT A HOBBY AND WANT
TO SHARE?
WHY NOT START A
GROUP?

Flabelos Available Here - £1!!!!!!

Spinning Available Here

META Fit Available Here

Mondays

Shar's Super Circuits	9.30am – 10.15am
Meta Fit	10.15am - 10.45am
Pilates	10.30am - 11.30am
JKL's Dance for Stars Academy	3.30pm - 9.00pm
Spinning	5.15pm - 6.00pm
Fit Ball	6.15pm - 7.00pm
Inters Youth Club	7.00pm - 9.30pm

Tuesdays

Valerie Shepherd Adult Dance Class	9.00am - 11.00am
Painting/Craft Class	1.00pm - 3.00pm
Cardio Group (1st of month)	2.00pm - 4.00pm
Valerie Shepherd Beginner Ballet Classes	3.30pm - 9.00pm
Super Circuits Training	5.00pm - 6.00pm
Model Club	6.30pm - 8.45pm
META Fit	6.15pm - 6.45pm
Janet's dog Class	7.00pm - 9.00pm

Wednesdays

Art and Craft Class	10.00am - 12.00pm
Visually Impaired Group	10.00am - 3.00pm
Linedancing	12.30pm - 2.30pm
Pastel Class (fortnightly)	2.00pm - 4.00pm
Family History (Monthly)	2.00pm - 4.00pm
JKL's Dance for Stars Academy	3.30pm - 7.30pm
Stacey Harrison Dance Class	4.30pm - 6.00pm
Spinning	5.15pm – 6.00pm
Super Circuits Training	6.15pm – 7.00pm
Inters Youth Club	7.00pm - 9.30pm

Thursdays

Super Circuits	9.30am - 10.30am
Family History	10.00am - 12.00pm
META Fit	10.15am - 10.45am
Humour Group	12.00pm - 2.00pm
Line Dancing	1.00pm - 3.00pm
Photography Club	2.00pm - 4.00pm

(fortnightly)

Video Club	(fortnightly)	2.00pm - 4.00pm
Dynamic Dance with Kirsty Thompson		3.30pm - 9.00pm
Shotokan Kids Karate Class		4.00pm - 5.00pm
Spinning Class		5.30pm – 6.15pm
Kettlebells		6.15pm - 7.00pm
Ann's Dog Class		7.00pm - 9.45pm
Duke of Edinburgh Award		7.00pm - 9.30pm

Fridays

Art and Craft Class	10.00am - 12.00pm
Pilates	11.30am - 12.30pm
Discussion Group	2.00pm - 4.00pm
Small Saints Junior club	4.00pm - 6.00pm
Spinning Class	6.15pm - 7.00pm
Inters Youth Club	7.00pm - 9.30pm

Saturdays

Valerie Shepherd Dance Class	9.00am - 1.00pm
Spinning Class	9.30am - 10.45am
JKL's Dance for Stars Academy	1.30pm - 6.00pm

Sundays

Section 8 War Gaming Club	2.00pm - 10.00pm
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TRY OUR NEW BIGGER GYM!!
GYM IS OPEN – Monday – Friday 10am – 9pm
(Also included now are weights benches)

Gym £2.00 per session (members only)
£7.50 Weekly Deal
£25 per Month

MEMBERSHIPS CHARGES (April 13 – March 14)
MEMBERSHIP THIS YEAR IS
FREE!!!