



Opening hours:
9.30-4.30 Mon - Fri

Sep-17

100-102 Westwick Street,
Norwich, NR2 4SZ
01603 699150

	Monday	Tuesday	Wednesday	Thursday	Friday
09:30	<p>Trusted Tenants Programme begins 11th September Mondays and Thursdays 10.30am - 4.30pm</p>	<p>IT Group 10.30am-12.30pm</p>	<p>Tai Chi 10.00am-11.00am</p>	<p>Make-Up Your Mind 21st Sept 11.00-12.30 10 Week Course</p>	<p>Yoga loose clothing 12.30pm-1.30pm</p>
10:00					
10:30					
11:00					
11:30					
12:00					
12:30					
13:00					
13:30					
14:00					
14:30		Member Mix 1pm-2pm	Gardening Club 1pm-2pm	One-to-One IT Training (Book in advance)	Joy Of Food 11am - 2pm starts 22nd Sept (5 week course)
15:00		Boxercise 12.30 Loose Clothing	One-to-One IT Training (Book in advance)	One-to-One IT Training (Book in advance)	First Aid Training 10am-12pm 22nd September
15:30		NRP Drop in 1pm-2pm			
16:00		Building Better Habits Well Being Toolkit begins Tuesday 10th October 2pm - 4.30			
16:30		Under 1 Riff Music Workshop 2 - 4pm			

Drop in sessions include NRP (Norfolk Recovery Partnership), Art, Music, Creative writing and any exercise session. There is no need to make an appointment for these sessions.



Under 1 Roof
Training and Development Centre
100-102 Westwick Street
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NR2 4SZ
Tel: 01603 699150