



Day and Time	Class Type and Instructor	Cost	Venue	How to attend	More information
Monday 11:15 am – 12:15 pm	Better Balance Martha Watkins	£30 for 10 classes. Cashless payment only	Online via Zoom	Self-refer by calling 01453 754 508	Due the current national lockdown, all classes are currently paused until further notice. Please check back for updates, or contact the instructor for information.
Tuesday 11:30 am – 12:30 pm	Better Balance Martha Watkins	£30 for 10 classes. Cashless payment only	Stinchcombe Village Hall, The Street, Dursley, GL11 6AW	Self-refer by calling 01453 754 508	Due the current national lockdown, all classes are currently paused until further notice. Please check back for updates, or contact the instructor for information.
Tuesday 12:45 pm – 13:45 pm	Better Balance Martha Watkins	£30 for 10 classes. Cashless payment only	Stinchcombe Village Hall, The Street, Dursley, GL11 6AW	Self-refer by calling 01453 754 508	Due the current national lockdown, all classes are currently paused until further notice. Please check back for updates, or contact the instructor for information.



Wednesday 11:15 am – 12:15 pm	Better Balance Martha Watkins	£30 for 10 classes. Cashless payment only	Maypole Village Hall, Stratford Road, Stroud, GL5 4AN	Self-refer by calling 01453 754 508	Due the current national lockdown, all classes are currently paused until further notice. Please check back for updates, or contact the instructor for information.
Wednesday 12:30 pm – 13:30 pm	Better Balance Martha Watkins	£30 for 10 classes. Cashless payment only	Maypole Village Hall, Stratford Road, Stroud, GL5 4AN	Self-refer by calling 01453 754 508	Due the current national lockdown, all classes are currently paused until further notice. Please check back for updates, or contact the instructor for information.
Thursday 11:30 am – 12:30 pm	Better Balance Martha Watkins	£30 for 10 classes. Cashless payment only	Arkell Community Centre, Nympsfield Road, Nailsworth, GL6 0BG	Self-refer by calling 01453 754 508	Due the current national lockdown, all classes are currently paused until further notice. Please check back for updates, or contact the instructor for information.
Thursday 13:30 pm – 14:30 pm	Better Balance Martha Watkins	£30 for 10 classes. Cashless payment only	Chalford Sport and Social Club, Highfield Way, Chalford Hill, GL6 8LZ	Self-refer by calling 01453 754 508	Due the current national lockdown, all classes are currently paused until further notice. Please check back for updates, or contact the instructor for information.



Thursday 14:45 pm – 15:45 pm	Better Balance Martha Watkins	£30 for 10 classes. Cashless payment only	Chalford Sport and Social Club, Highfield Way, Chalford Hill, GL6 8LZ	Self-refer by calling 01453 754 508	Due the current national lockdown, all classes are currently paused until further notice. Please check back for updates, or contact the instructor for information.
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