

Timetable of Our Current Classes

| Day | Drop – In Timing | Group Timetable |
|--------------------------------|----------------------|--|
| Monday | 5:00- 7:30pm | <ul style="list-style-type: none"> • Women’s Football Group – (11:00-12:00pm) • Singing for Pleasure - (2:00-3:30pm) • Yoga Group – (3:45 – 5:00pm) • Peer Support Group - (7:45-8:45pm) |
| Tuesday | 5:00- 7:30pm | <ul style="list-style-type: none"> • Good Food for Good Mood - (4:15-5:15pm) • Anxiety Support Group – (7:45-8:45pm) |
| Wednesday (Menzone) | 12:00- 4:00pm | <ul style="list-style-type: none"> • Men’s Moving Forward - (1:00-3:00pm) • Men’s Football Group - (4:00-6:00pm) |
| Thursday | 5:00- 7:30pm | <ul style="list-style-type: none"> • Tribal Drumming - (5:15-6:15pm) • Creative Writing Group – (6:45-7:30pm) • Mindfulness Group – (7:45-8:45pm) |
| Friday (Womenzone) | 11:00-3:00pm | <ul style="list-style-type: none"> • Meditation - (11:30-12:45pm) • Art Group – (11:30-2:00pm) • Women’s Moving Forward - (2:00-3:00pm) |

(Any queries regarding opening times or our other services please call: 01274 730815) All groups based at Trade force Building, Cornwall Place, Bradford, BD8 7JT.