



The Place Multi-purpose Leisure Centre

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Weekly Activities from October 2021

Day	Activity	Time
Every day (Closed on Bank holidays)	Pulse Fitness Centre	Mon-Thurs: 9.00am – 9.45pm Friday: 9.00am – 6.00pm Saturday: 9.00am – 5.00pm Sunday: 9.00am – 4.00pm
Tuesday - Saturday	Unisex Hair Salon Closed on Fridays	For appointments call Tina on 07731 399756
Monday	Kreate Theatre School	3.45pm - 9.15pm
Monday	Castlepoint Academy of Dance	4.30pm - 8.00pm
Monday	* Pulse Class – Pure Dance Cardio	6.30pm – 7.30pm
Monday	Ryukyukan Karate & Kobudo	5.30pm - 8.30pm
Tuesday	Kreate Theatre School	3.45pm - 6.30pm
Tuesday	Castlepoint Academy of Dance	5.00pm - 7.00pm
Tuesday	* Pulse Class – HIIT	6.00pm – 6.45pm
Tuesday	* Pulse Class – Zumba	7.00pm – 7.45pm
Tuesday	Love You Burlesque	8.00pm - 9.00pm
Wednesday	Little Monsters Youth Club (Free admission ages 5-10)	4.00pm - 5.00pm
Wednesday	Youth YOUity Youth Club (Free admission ages 11-19)	5.00pm - 6.15pm
Wednesday	Strollercise	6.30pm – 7.30pm

Day	Activity	Time
Wednesday	The Terence Higgins Trust Free HIV Testing for 16+ year olds (by appointment only)	5.30pm - 8.30pm
Wednesday	* Pulse Class – 30 FIT	6.30pm – 7.30pm
Wednesday	Community Connect Social Club (Free admission)	6.30pm - 8.30pm
Wednesday	Castlepoint Academy of Dance Adult Tap	7.45pm - 8.45pm
Thursday	Wakarishin Ju-Jitsu	5.30pm - 9.00pm
Thursday	Love You Burlesque	8.00pm – 9.00pm
Saturday	Football Fun Factory	9.00am – 12.00pm
Saturday	Weight Watchers	9.00am – 11.00am
Saturday	Ryukyukan Karate & Kobudo	9.30am - 2.00pm
Saturday	Castlepoint Academy of Dance	9.30am – 3.30pm
Saturday	The Craig Tyler Trust	12.00pm – 3.00pm
Sunday	CAC Surpassing Grace Assemblies	9.00am - 12.00pm
Sunday	Regeneration Church	10.00am - 11.30am
Sunday	Renewed International Church	10.00am – 12.00pm
Sunday	B.L.W. Basildon Church Group	10.00am - 1.00pm
Sunday	Wakarishin Ju-Jitsu	10.00am - 12.00pm
Sunday	B.L.W. Central Church	12.15pm – 2.15pm

* These classes are included if you have the Full Pulse Membership package.