

<b>DAILY</b> (CLOSED ON BANK HOLIDAYS)	<b>PULSE FITNESS CENTRE</b>	MON-THUR: 9.00am - 9.45pm FRI: 9.00am - 6.00pm SAT: 9.00am - 5.00pm SUN: 9.00am - 4.00pm
<b>MONDAY-FRIDAY</b>	<b>OVER 50's ACTIVITY CENTRE</b>	Call direct on 01268 205272 for more information
<b>TUESDAY-THURSDAY</b>	<b>UNISEX HAIR SALON</b>	Call Tina on 07731 399756 for appointments
<b>MONDAY</b>	<b>KREATE THEATRE SCHOOL</b>	3.45pm - 8.45pm
	<b>CASTLEPOINT ACADEMY OF DANCE</b>	4.30pm - 8.00pm
	<b>RYUKYUKAN KARATE</b>	5.30pm - 8.30pm
	<b>* PULSE CLASS - PURE DANCE CARDIO</b>	6.30pm - 7.30pm
<b>TUESDAY</b>	<b>KREATE THEATRE SCHOOL</b>	3.45pm - 6.30pm
	<b>CASTLEPOINT ACADEMY OF DANCE</b>	4.30pm - 8.00pm
	<b>* PULSE CLASS - HIGH INTENSITY INTERVAL TRAINING</b>	6.00pm - 6.45pm
	<b>* PULSE - ZUMBA®</b>	7.00pm - 7.45pm
<b>WEDNESDAY</b>	<b>SLIMMING WORLD</b>	9.30am & 11.00am
	<b>LITTLE MONSTERS</b> (5-10 year olds) FREE ADMISSION TO YOUTH CLUB	4.00pm - 5.00pm
	<b>'YOUTH UNITY' YOUTH CLUB</b> (11-19 year olds) FREE ADMISSION	5.15pm - 6.15pm
	<b>TERRENCE HIGGINS TRUST</b> (FREE HIV testing from age 16 years upwards)	5.30pm - 8.30pm
	<b>* PULSE CLASS - 30 FIT</b>	6.30pm - 7.30pm



The NHS operate a COVID Vaccination Centre at The Place on variable days. Please contact the vaccine centre direct for more information or if you have any questions relating to the vaccines - **01268 419056**

\* These sessions are included if you have the full Pulse Health Studio membership package.

For more information, or to book please contact:

t: 01268 205284 or 207885

w: [www.basildon.gov.uk/theplace](http://www.basildon.gov.uk/theplace)

t: @PitseaLeisureCe f: /pitsealeisurecentre

The Place, Pitsea Leisure Centre, Northlands Pavement, Pitsea Centre, Basildon, SS13 3DU

<b>WEDNESDAY</b>	<b>CASTLEPOINT ACADEMY ADULT TAP</b>	7.45pm - 8.45pm
<b>THURSDAY</b>	<b>FOOTBALL FUN FACTORY</b>	10.00am - 11.00am
	<b>RYUKYUKAN KARATE</b>	6.00pm - 8.30pm
	<b>LOVE YOU BURLESQUE</b>	8.00pm - 9.00pm
<b>FRIDAY</b>	<b>FREE COFFEE MORNING</b>	10.00AM - 12.00pm
<b>SATURDAY</b>	<b>WEIGHT WATCHERS</b>	9.00am - 11.00am
	<b>FOOTBALL FUN FACTORY</b>	9.00am - 12.00pm
	<b>RYUKYUKAN KARATE</b>	9.30am - 1.00pm
	<b>CASTLEPOINT ACADEMY OF DANCE</b>	9.30am - 3.30pm
	<b>THE CRAIG TYLER TRUST</b>	12.00pm - 3.00pm
	<b>12 APOSTLES CHURCH</b>	12.00pm - 4.00pm
<b>SUNDAY</b>	<b>CAC SURPASSING GRACE CHURCH</b>	9.00am - 1.00pm
	<b>REPENTANCE &amp; HOLINESS CHURCH</b>	9.30am - 12.30am
	<b>REGENERATION CHURCH</b> 1st Sunday of the month	10.00 am- 12.00pm
	<b>RENEWED INTERNATIONAL CHURCH</b>	10.00am– 12.00pm
	<b>BLW CENTRAL CHURCH</b>	12.00pm - 2.00pm
	<b>LIVING WORD CHURCH</b>	1.30pm - 3.30pm

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