

## Daily Timetable

Monday	Tuesday	Wednesday	Thursday	Friday
10-11:30am Yoga 10.30am-11:30am Chair Based Exercise	10-11:30am Yoga	10-11:30am Yoga 10.30am-11:30am Chair Based Exercise	10-11:30am Yoga	10-11:30am Yoga
11:30 - 12 noon Tea Break	11:30 - 12 noon Tea Break	11:30 - 12 noon Tea Break	11:30 - 12 noon Tea Break	11:30 - 12 noon Tea Break
12.15 -1:30pm Bollyfit	12:15 -1:15pm Table Tennis	12.30 -1:30pm Various Activites	12:15 -1:15pm Bollyfit	12-1:30pm 1st Friday: Bollyfit 2nd Friday: Activity 3rd Friday: Activity 4th Friday: Karaoke Club
1:30 -2pm Lunch	1:30 -2pm Lunch	1:30 -2pm Lunch	1:30 -2pm Lunch	1:30 -2pm Lunch
2:30pm-3:30pm Socialising Time	2 - 3.30pm Socialising Time	2 - 3pm Activity	2 - 3pm Socialising Time	2:30pm-3:30pm Socialising Time

## Day Centre Charges

	MEMBERS	NON-MEMBERS
ENTRANCE	£0	£2
YOGA / ACTIVITY	£3	£4
YOGA + ACTIVITY (ANY 2)	£5	£6
LUNCH	£5	£6
DAY CHARGES (YOGA + ACTIVITY + LUNCH)	£6.50	£10

## Membership Contract

What does my annual £30 membership fee include?

- Usage of the lounge and dining area of the Shrinathdham Community Centre.
- Open Monday – Friday 9:30am – 4:30pm (Closed on bank holidays)
- Complimentary daily tea / coffee and biscuits
- Health and lifestyle talks and advice
- Participation in complimentary activities (Some activities will have a minimal charge attached for participation)
- Use of TV, DVD and video facilities

### Rules of the Shrinathdham Community Centre

- Carry around your membership card with you at all times
- Place your shoes in the shoe cupboard before entering the Mandir
- No outside food or drink is to be consumed in Shrinathdham Community Centre
- No alcohol or non-vegetarian is allowed in the centre.
- There is a £2 day charge for the use of the car park
- Please let office staff know if you would like a subsidised lunch that day before 11am (optional)
- If you wish to have lunch, please check the daily lunch menu and follow the Lunch Order Rules. Both of these are at the front desk and foyer notice board.
- No smoking is allowed in the centre, in the car park or within the vicinity of the building.
- No treats, snacks, mouth fresheners (Paan, Gudka, Sopari, Gum etc) are permitted in the centre.
- Please do not ask for left over food for to be packed as any leftover food is collected from the centre and distributed to a worthwhile cause.
- Please do not engage in any activity or games that are against the Law.
- Please do not partake in any gambling, betting or any games that use chips, tokens or money.

*\* The above is subject to changes by management*