



| MONDAY  | TUESDAY   | WEDNESDAY                               | THURSDAY  | FRIDAY                            |
|---|---|---|---|-----------------------------------|
| <b>BEAUTIFUL WOMEN<br/>BEAUTIFUL ME</b><br><br><b>10AM-12PM</b> | <b>HOLISTIC<br/>GROUP</b><br><br><b>10AM-12PM</b> | <b>FREEDOM</b><br><br><b>10AM-12PM</b>  | <b>BEAUTIFUL WOMEN<br/>BEAUTIFUL ME</b><br><br><b>10AM-12PM</b> |                                   |
| <b>DIAMOND ART</b><br><br><b>2PM-4PM</b>                        | <b>CREATIVE CRAFTS</b><br><br><b>2PM-4PM</b>      | <b>RELAXATION</b><br><br><b>2PM-4PM</b> | <b>FREEDOM</b><br><br><b>2PM-4PM</b>                            | <b>CLOSED 1PM</b>                 |
|   |   |   |   | <b>Timetable from<br/>10.8.21</b> |

Gateway4Women, Lorne Street, Denton Holme, CARLISLE, CA2 5DU – Call 01228 212090 – Facebook – Gateway4WomenCarlisle

This timetable is for groups only if you require a 1:1 please call the centre to book, if you are already registered please speak to your support worker.

To access Gateway4Women you must have had a registration appointment. All groups/courses/1:1's/registrations must be booked prior to arrival.