

St Charles Centre for Health & Wellbeing  
 Exmoor Street, London  
 W10 6DZ  
 Tel: 020 8962 5582



**STEADY AND STABLE CLASS LIST:**

**MONDAY**

Venue	Address	Transport	Time
Age UK	105 Greyhound Road, London W6 8NJ	<i>Buses: 190, 211, 220, 295</i> <i>Tube: Barons Court (15min walk)</i>	<b>10:00- 11:00</b> <i>High Level</i> <b>And</b> <b>11:00- 12.00pm</b> <i>Low Level</i>
Bishop Creighton House	374-380 Lillie Road, London SW6 7PH	<i>Buses: 190, 211, 295</i> <i>Tube: Barons Court (20 min walk)</i>	<b>12:45 - 1.45 pm</b> <i>Low Level</i>
All Saints Margaret Street	7 Margaret St Fitzrovia London W1W 8JG	<i>Buses: 3, 7, 10, 12, 25, 55, 73, 88, 98, 390</i> <i>Tube: Oxford Circus</i>	<b>1 – 2.00pm</b> <i>High Level</i>
Barbara Brosnan Court	46 Grove End Road, St Johns Wood, London NW8 9NP	<i>Buses: 13, 46, 82, 113, 187, 189</i> <i>Tube: St John's Wood</i>	<b>2 - 3.15pm</b> <i>Low Level</i>

**TUESDAY**

Venue	Address	Transport	Time
Penfold Community Hub	60 Penfold Street, London, NW8 8PJ	<i>Buses: 6, 16, 98</i>  <i>Tube: Edgware Road</i>	<b>10 - 11.00am</b> <i>High Level</i> <b>And</b> <b>11.15 – 12.15pm</b> <i>Low Level</i>
Pryors Bank (House)	Bishops Avenue, London SW6 3LA	<i>Buses: 14, 22, 39, 74, 85, 220, 424, 430</i> <i>Tube: Putney Bridge</i>	<b>10:30 - 11:30am</b> <i>Mixed Level</i>
White City Community Centre	India Way W12 7QT	<i>Buses: 207, 260, 283</i> <i>Tube: Shepherd's Bush Market</i>	<b>11:00 - 12:00pm</b> <i>High Level</i> <b>12:00- 1:00pm</b> <i>Low Level</i>
Second Half Centre	St Charles' Centre for Health & Wellbeing Exmoor Street, London, W10 6DZ	<i>Buses: 7, 70, 316</i> <i>Tube: Ladbroke Grove (15min walk)</i>	<b>12.45pm – 1.45pm</b> <b>And</b> <b>1.45pm – 2.45pm</b> <i>Low Level</i>

## WEDNESDAY

Venue	Address	Transport	Time
New Horizons	Guinness Trust Estate, Cadogan Street, London, SW3 2PF	<i>Buses: C1, 19, 22, 137, 319, 452</i> <i>Tube: Sloane Square (15 min walk)</i>	<b>9.45 – 11am</b> <i>Low Level</i>
The Avenues	3/7 Third Avenue, London W10 4RS	<i>Buses: 18, 28, 228</i> <i>Tube: Westbourne Park</i>	<b>1 – 2.00pm</b> <i>High Level</i> <b>And</b> <b>2.15 – 3.15pm</b> <i>Low Level</i>

## THURSDAY

Venue	Address	Transport	Time
Earl's Court Health and Wellbeing Centre	2b Hogarth Road London, SW5 0PT	<i>Buses: 74, 328, C1, C3</i> <i>Tube: Earl's Court</i>	<b>10 – 11.00am</b> <i>High Level</i> <b>And</b> <b>11 am – 12pm</b> <i>Low Level</i>
Churchill Gardens Youth Club	Churchill Gardens Road, Churchill Gardens Estate, SW1V 3AL	<i>Buses: C10, 24, 360</i> <i>Tube: Pimlico</i>	<b>1 – 2.00pm</b> <i>Low Level</i>
St Giles-in-the-fields	60 St Giles High Street London WC2H 8LG	<i>Buses: 24, 29, 134, 176, 242</i> <i>Tube: Tottenham Court Road</i>	<b>1 – 2.15pm</b> <i>High Level</i>

## FRIDAY

Venue	Address	Transport	Time
The Reed Centre	28 Convent Garden London W11 1NH	<i>Buses: 7, 23, 52, 70, 452</i> <i>Tube: Ladbroke Grove</i>	<b>10 – 11.00am</b> <i>Mixed Level</i>

**You will need to complete the PARQ (Physical activity readiness questionnaire) and Falls Risk Assessment prior to your participation in the first class. Please bring the forms with you to your first class. Please do not post the forms back to Open Age.**

**It is recommended that you bring along water and that you wear comfortable clothes and footwear during the Steady and Stable class.**