

All are welcome at the
Berryknowes Community Flat
Events and Activities



EASY EXERCISE CLASSES

Thursdays 1:30 - 2:30pm

These chair based exercise classes are open to all and can be adjusted to suit your fitness levels.



BREAKFAST MORNINGS

Fridays 10am - 12pm



Enjoy a hot filled roll with your choice of tea, coffee, fruit and yoghurt (ALL FREE)