

TIMETABLE

MONDAY

Gentle Pilates 1130-1230
 Soft Play 0930 - 1700
 Lullababy Baby development classes 0930 - 1015
 Lullababy Baby development classes 1030 - 1115
 Lullababy Baby development classes 1130 - 1215
 Lullababy Baby development classes 1330 - 1315
 Lively Squad Street Dance (6-14yrs) 1615 - 1715
 After School Soft play - half price term time only 1500 - 1700
 Quiet Time Soft Play 1700 - 1900
 AA 19:00-20:00
 Active Air Fitness - Children's classes 17:00 - 19:00
 Active Air Fitness - Adult's classes 19:00 - 21:00

TUESDAY

Soft Play 0930 - 1700
 Uplift Paracise 1030 - 1115
 Uplift Paracise 1130 - 1215
 Prospero Art for well being 1000 - 1130
 Prospero Sandwich club 1100 - 1300
 After School Soft play - 1/2 price term time only 1500 - 1700
 AHN - Taekwondo for adults and children 1730 - 1830
 Active Air Fitness 1900 - 2100

WEDNESDAY

Soft Play 0930 - 1700
 Tai - Chi Classes with Matt for beginner 1430 - 1530
 Tai - Chi Classes with Matt for improvers 1530 - 1630
 After School Soft play 1/2 term time only 1500 - 1700
 Active Air Fitness 1900 - 2100
 CA 1900-2100

THURSDAY

Soft Play 0930 - 1700
 Art for Life - Adult Art Classes 1000 -1300
 Art for Life - Adult Art Classes 1400 -1700
 After School Soft play - 1/2 price term time only 1500 - 1700
 Active Air Fitness - Adult's classes 1900 - 2100
 Youth Unite (SENS youth club) 1800-2000
 Women's Institute (2nd Thurs of the month) 1900 - 2200

FRIDAY

Soft Play 0930 - 1700
 ZodiArc toddler funplay TERM TIME ONLY 0915 - 1100, 1015 - 1200, 1115 - 1300
 Prospero Art & Drama for adults w/ special needs 0930 - 1500
 After School Soft play 1/2 price term time only 1500 - 1700
 Prospero Socials 1730 - 2130 (1st Fri of the month)
 Prospero Cinema Night 1730 - 2100 (3rd Fri of the month)

SATURDAY

Soft Play 0930 - 1700
 Kaleidoscope - Lego Club for SEN children 1000 - 1100 (every other Sat)
 Lively squad - children's street dance classes 5 - 7yrs 1300 - 1400
 Lively squad - children's street dance classes 7 - 11yrs 1400 - 1500
 Soft play Birthday parties 1130-1730

SUNDAY

Soft Play 0930 - 1700
 City Of Praise 1000 - 1200
 Soft play Birthday parties 1130-1700

More information can be found on The Arc website

Zodiac timetable can be found on their website

 www.zodiacgymnastics.org.uk

Arcadia

2026 ACTIVITY PROGRAMME



Arcadia Cafe & Bar
0930 – 1800
Hot & Cold Food Available

Children's soft Play Parties
Private Hire for Special Occasion Parties
Hire for Charity Events & Room Hire
suitable for a range of activities

ARCADIA is a charitable organisation set up by The Caterham Barracks Community Trust. If you would like to know more or to get involved please do contact us.



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TheArcCaterham



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Caterham Barracks Community Trust
Charity no. 1089853