



ADULT TIMETABLE

PLEASE CONTACT THE TEACHER DIRECTLY FOR CLASS INFORMATION AND BOOKINGS

MONDAY

8.00PM – 9.00PM – PILATES (STUDIO 1)

CONTACT HELEN – [helittle 5@hotmail.com](mailto:helittle5@hotmail.com)

Tel; 07779 129926

TUESDAY

7.30PM – 9.30PM – LATIN FITNESS CLASS (MAIN HALL)

CONTACT LAUREN OR MIKE – laurenandmike@live.com

WEDNESDAY

7.30PM-8.30PM – YOGA (STUDIO 1)

CONTACT LILY – peacelilyyoga@outlook.com

Tel; 07798883618

THURSDAY

9.30AM-10.30AM – BELLYDANCING

CONTACT NAAMA – naamagelb@yahoo.com

Tel: 07989 578819

7.30PM-8.30PM (DOORS OPEN 7.15PM) –ZUMBA (MAIN HALL)

CONTACT SAM – samdancefit@gmail.com

Tel: 07860 861 433

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