

BROADHEMPSTON VILLAGE HALL ACTIVITIES NOVEMBER 2024

DAY	EVENT	TIME	DROP IN / CONTACT
MON	YOGA	9.30 -10.45am	Contact Liz: 07749 453894 lizdancing@hotmail.com
	ZUMBA	6.00 – 7.00pm	£5 per session. Walk-ins welcome, or contact Mandi: mandidew@hotmail.co.uk
TUES	PILATES with Sarah	5.45 - 6.45pm	Contact Sarah Newton: newsarahjane@gmail.com
	SHORT MAT BOWLS	7.00 – 9.00pm	£3 per session. Walk-ins welcome. Contact Joan: joanpreston765@btinternet.com or Rod: rodperriman6@gmail.com
WED	BADMINTON	5.00 - 7.00pm	Walk-ins welcome or contact Lucy: 07787 110686
THU	PILATES with Brenda.	9.00 -11.00am	£7.00 per session. Contact Brenda: brendasleeman@live.co.uk or 07702 984201
	WOWHAUS ART (fortnightly)	9.00 -2.00pm	Contact Helena: the.wowhaus.creates@gmail.com
	QIGONG Meditation	5.00 - 6.00pm	£5 per session. For more info call 07397 810157 www.stillnessinmovement.co.uk
	TAI CHI CHUAN	6.15 – 7.15pm	£5 per session. For more info call 07397 810157 www.stillnessinmovement.co.uk
	WALKING FOOTBALL	7.30 - 8.30pm	Contact Steve Bamford: stevebamford@clara.co.uk or 07977 769450
FRI	BABY & TODDLER	9.00 - 11.00am	£3 for one child, £4 for two +, incl. drinks and snack. Walk-ins welcome. Contact Pablo: pablo@toledo.org.uk
	HALL FREE TO BOOK	AFTER 3.00am and EVENING	BADMINTON, TABLE TENNIS, PARTIES OR EVENTS
SAT	CIRCUIT TRAINING	7.45 – 8.30am	£7.50/session or block booking £36 for 6 weeks. Contact Paul on 0789 0798759 or email: training@paulrosati.co.uk
	HALL FREE TO BOOK	DAY and EVENING	BADMINTON, TABLE TENNIS, PARTIES OR EVENTS
SUN	HULA-HOOP	5.00 – 6.00pm	Contact Christine: hulagran@gmail.com
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