

Large Hall - Weekly timetable

25-Aug-23

	8:00	9:00	10:00	11:00	Noon	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00	21:00	22:00
Monday			Bums, Legs & Tums 10:15 - 11:15	Pilates 10:15 - 11:15					Dance School 3:45 - 8:45						
Tuesday		Mother & Toddlers 9:15 - 11:30							Dance School 3:45 - 7:30						
Wednesday		Bounce 9:30 - 10:30	Tots Play 11.00 - 1 pm						Disco Divas 3:45 - 4.30	Dance School 5:00 - 8:45					
Thursday									Dance School 3.30 - 7:30						Physio Pilates 7:45 - 8:45
Friday		Mother & Toddlers 9:15 - 11:30				Hertswise 12:30 - 2:30				Soccer Dev 4:00 - 5:00			Karate (Ren) 7 - 8pm		
Saturday		Dance School 9:15 - 5:30													
Sunday	Bounce 8:15 - 9:15		Shot. Karate 9:45 - 10:45		Karate (Ren) 11:30 - 12.30										

Bounce	Rosy Burrows	07957 682376	rosyburrows@hotmail.com
Bums, Legs & Tums	Mandy Cousins	07713 272664	flexifitpilates@gmail.com
Dance School	Jenny Myhill	01279 655941	jennymyhill_dance@hotmail.com
Disco Divas	Mandy Cousins	07713 272664	flexifitpilates@gmail.com
Karate (Renshuu)	Darren Rowley	07779 154847	rskstortford@hotmail.com
Mothers & Toddlers	Sophie Muir	07796 697443	tmmtg@hotmail.com
Physio Pilates (Thurs)	Donna Leutchford	07739 012076	DonnaPhysioPilates@iCloud.com
Pilates (Monday)	Mandy Cousins	07713 272664	flexifitpilates@gmail.com
Shotokan Karate Ryu	Donna Ring	01279 731752	skr@skr.org.uk
Soccer Development	Tim Moylette	01279 306118	Tim.Moylette@bscfc.co.uk
Centre Manager	John Bailey	01279 329686	centre-manager@thorleycommunitycentre.co.uk