

REGULAR CLASSES HELD AT THE PAVILION

DAY	TIME	TYPE OF CLASS	CONTACT DETAILS
Monday	10am -11:30am	Yoga	Kanti Freeman 07837 186370
Monday	2:30pm - 3:30pm	Senior Circuits (Fitness fun for the not so young)	Steve Clark 07739 707604
Monday	7:00- 8:00pm	Martial-Arts	Mr Kumar 07541 819940
Tuesday	10:00am -11:00am	Personal fitness	Joel Grant-Jones 07877 007619
Tuesday	7:00pm - 8:00pm	Personal fitness/circuits	Joel Grant-Jones 07877 007619
Wednesday	2:00pm - 4:00pm	Table Tennis	U3A 01234 852299
Wednesday	6:30pm - 8:00pm	Aerobics & Kettlebells	Georgia Testa 07824 902549
Thursday	6:30pm - 8:00pm	Fit-Steps	Claudia Calardo 07507 913027
Friday	9:30am -12:30pm	Jo Jingles Children's musical group	Charlotte Williams 01234 860217
Friday	2:00pm - 4:00pm	Love to Dance	Yvette Nowlan 07953 229239
Friday	7:00pm - 8:00pm	Martial Arts	Mr Kumar 07541 819940
Saturday	9:30am -10:30am	Zumba	Yvette Wooding 07953 229239
Saturday	10:45am – 11:30am	Zumbini	Yvette Wooding 07953 229239
Sunday	2 nd Sunday of month 10:30-12:30	Tai-Kwon Do	Yogi Chand 07970 853853
Sunday	4:30pm – 5:30pm	Table Tennis (family club) Biddenham bounce	Chris Spurgeon 07707771606

Cricket Club – Chairman Peter Marks peter.marks@hotmail.com

Football Club – Jason Thompson 07905 773020

Updated February 2017