

Jun-19

REGULAR ACTIVITIES IN LLANFOIST VILLAGE HALL**Please check with contact for details of classes**

DAY	TIME	TYPE OF ACTIVITY	FURTHER INFORMATION	CONTACT
Monday	0900 – 0955	FITNESS	PILATES	Kate Faulkner - 01873 810047 or 07974 389906 http://www.katefalknerpilates.com
	1010 – 1105			
	1210 – 1305			
	1315 – 1410			
	1815 – 1910			
	1915 – 2010			
Monday	1015 - 1115	FITNESS	Pilates	Lilian Balsdon - 01873 852384 or 07852 542858
	1115 - 1200		Easy Aerobics	
Monday	1730 - 1830	FITNESS	Yoga (beginners)	Cathy Genevie - 01873 812637 or 07746 399216 http://www.cathygenevie.com/
	1900 - 2030		Yoga (intermediate)	
Monday	1830 - 2000	FITNESS	Kundalini lotus yoga	Alice Edwards - 07443 868686 Email:kundalini.lotus.yoga@gmail.com Facebook: Kundalini lotus yoga
Tuesday	0915 – 1010	FITNESS	PILATES	Kate Faulkner - 01873 810047 or 07974 389906 http://www.katefalknerpilates.com
	1020 – 1115			
	1125 - 1220			
	1230 - 1325			
	1700 - 1755			
	1805 – 1900			
1910 – 2005				
1st Tuesday in month	1900 - 2100	HEALTH	MINDFULNESS	Phillip Millichip - 07837 288096 or Ann-Marie Kedward - 07399 829128
2nd Tuesday in month except July & Aug	1930 - 2130	HISTORY	Llanfoist History Society	Chris Barber - 01873 856114

Wednesday	0915 – 1010	FITNESS	PILATES	Kate Faulkner - 01873 810047 or 07974 389906 http://www.katefalknerpilates.com
	1020 – 1115			
	1120 - 1215			
Wednesday	1030 - 1130	FITNESS	PILATES	Lilian Balsdon - 01873 852384 or 07852 542858
	1130 - 1215		Kettlebells	
	1800 - 1900		PILATES	
Wednesday	1400 - 1600	ART	Art class	Chris Couling - 01873 830592
Wednesday	1830 - 2000	FITNESS	YOGA	Cathy Genevie - 01873 812637 or 07746 399216 http://www.cathygenevie.com/
	1900 - 2030			
Wednesday	2015 - 2145	DRAMA	"Llanfoist Players" (Please phone for details)	Barbara McIntee - 01873 737752
Wednesday	1930 - 2030	FITNESS	YOGA	Miranda Shaw - 07958 708719
Thursday	0915 – 1010	FITNESS	PILATES	Kate Faulkner - 01873 810047 or 07974 389906 http://www.katefalknerpilates.com
	1020 – 1115			
	1125 - 1220			
	1630 - 1725			
	1740 - 1835			
Thursday	1000 - 1200	CHINESE PAINTING	Occasional - please check with contact	Winnie Heneghan - 01873 850569
Thursday	1345 - 1545	FITNESS	YOGA	Yvonne Davies - 01873 853622
	1845 - 2045			
Thursday	1830 - 2030	FITNESS	Tangsoodo	Paul Jones - 07796 873378
Friday	1000 - 1200	TODDLERS Group	Laura Cole - 07500 565152	
3rd Friday in month, starting 19th July	1400 - 1600	FILM AFTERNOONS	Doors open 1330	Dementia-friendly Film show Open to all Organised by Paul Harrington, Age Cymru
Friday	1430 - 1515	BALLET (Movement & Music for pre-school children)	"Twinkle Toes" (18 months - 2½ years)	Lauren Yeates-Mayo - 07763 232762 https://www.tinytoesballet.co.uk
	1515 - 1600		"Talent Toes" (2½ - 4 years)	
	1600 - 1645		"Twirlers" (3½ - 5 years)	
	1645 - 1730		"TapToes 2" (3½ - 5 years)	
	1715 - 1800		"Spinners" (5 - 7 years)	
Friday	1830 - 2130	BRIDGE CLUB		Barbara Whitticase
1st Friday in month	1930	FILM NIGHTS	Doors open 1900	Village Hall - 07923 444126
Sunday	1000 - 1200	FAITH	Society of Friends	Penny Harding - 01600 780236