

Apr-20

**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	<b>FITNESS CLASSES</b>	PILATES	Kate Faulkner - 01873 810047 or 07974 389906  <a href="http://www.katefalknerpilates.com">http://www.katefalknerpilates.com</a>
	1010 – 1105			
	1210 – 1305			
	1315 – 1410			
	1815 – 1910			
	1915 – 2010			
Monday	1015 - 1115	<b>FITNESS CLASSES</b>	Pilates	Lilian Balsdon - 01873 852384 or 07852 542858
	1115 - 1200		Easy Aerobics	
Monday	1730 - 1830	<b>FITNESS CLASS</b>	Yoga (beginners)	Cathy Genevie - 01873 812637 or 07746 399216  <a href="http://www.cathygenevie.com/">http://www.cathygenevie.com/</a>
	1900 - 2030		Yoga (intermediate)	
Tuesday	0915 – 1010	<b>FITNESS CLASSES</b>	PILATES	Kate Faulkner - 01873 810047 or 07974 389906  <a href="http://www.katefalknerpilates.com">http://www.katefalknerpilates.com</a>
	1020 – 1115			
	1125 - 1220			
	1230 - 1325			
	1700 - 1755			
	1805 – 1900			
	1910 – 2005			
2nd Tuesday in month except July & Aug	1930 - 2130	<b>HISTORY</b>	Llanfoist History Society	Chris Barber - 01873 856114

Wednesday	0915 – 1010	<b>FITNESS CLASSES</b>	PILATES	Kate Faulkner - 01873 810047 or 07974 389906  <a href="http://www.katefalknerpilates.com">http://www.katefalknerpilates.com</a>
	1020 – 1115			
	1120 - 1215			
Wednesday	1030 - 1130	<b>FITNESS CLASSES</b>	PILATES	Lilian Balsdon - 01873 852384 or 07852 542858
	1130 - 1215		Kettlebells	
	1800 - 1900		PILATES	
Wednesday	1400 - 1600	<b>ART</b>	Art class	Chris Couling - 01873 830592
Wednesday	1700 - 1800	<b>MARTIAL ARTS</b>	Karate for 5-8 year olds	Gary Dann - 07907 132116
Wednesday	1830 - 2000	<b>FITNESS CLASS</b>	YOGA	Cathy Genevie - 01873 812637 or 07746 399216  <a href="http://www.cathygenevie.com/">http://www.cathygenevie.com/</a>
	1900 - 2030			
Wednesday	2015 - 2145	<b>DRAMA</b>	"Llanfoist Players" (Please phone for details)	Barbara McIntee - 01873 737752
Wednesday	1730 - 1845	<b>FITNESS CLASS</b>	YOGA (Please phone for details)	Miranda Shaw - 07958 708719
Thursday	0915 – 1010	<b>FITNESS CLASSES</b>	PILATES	Kate Faulkner - 01873 810047 or 07974 389906  <a href="http://www.katefalknerpilates.com">http://www.katefalknerpilates.com</a>
	1020 – 1115			
	1125 - 1220			
	1630 - 1725			
	1740 - 1835			
1st Thursday in month	1000 - 1200	<b>CHINESE PAINTING</b>	Please contact organiser for details	Winnie Heneghan - 01873 850569
Thursday	1345 - 1545	<b>FITNESS CLASS</b>	YOGA	Yvonne Davies - 01873 853622
	1845 - 2045			
Thursday	1830 - 2030	<b>FITNESS CLASS</b>	Tangsoodo	Paul Jones - 07796 873378
Friday	1000 - 1200	<b>TODDLERS Group</b>	Laura Cole - 07500 565152	
Friday	1430 - 1515	<b>BALLET (Movement &amp; Music for pre-school children)</b>	"Twinkle Toes" (18 months - 2½ years)	Rachel Sweet - 07578 551686  <a href="https://www.tinytoesballet.co.uk">https://www.tinytoesballet.co.uk</a>
	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	<b>BRIDGE CLUB</b>		Barbara Whitticase
1st Friday in month	1930	<b>FILM NIGHTS</b>	Doors open 1900	Village Hall - 07923 444126
Sunday	1000 - 1200	<b>RELIGIOUS</b>	Society of Friends	Penny Harding - 01600 780236