

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

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|-----------------------|-------------|--|---|--|
| Wednesday | 0915 – 1010 | FITNESS CLASSES | PILATES | Kate Faulkner - 01873 810047 or 07974 389906 http://www.katefalknerpilates.com |
| | 1020 – 1115 | | | |
| | 1120 - 1215 | | | |
| Wednesday | 1030 - 1130 | FITNESS CLASSES | 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 | 1700 - 1800 | MARTIAL ARTS | Karate for 5-8 year olds | Gary Dann - 07907 132116 |
| Wednesday | 1830 - 2000 | FITNESS CLASS | 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 | 1730 - 1845 | FITNESS CLASS | YOGA (Please phone for details) | Miranda Shaw - 07958 708719 |
| Thursday | 0915 – 1010 | FITNESS CLASSES | PILATES | Kate Faulkner - 01873 810047 or 07974 389906 http://www.katefalknerpilates.com |
| | 1020 – 1115 | | | |
| | 1125 - 1220 | | | |
| | 1630 - 1725 | | | |
| | 1740 - 1835 | | | |
| 1st Thursday in month | 1000 - 1200 | CHINESE PAINTING | Please contact organiser for details | Winnie Heneghan - 01873 850569 |
| Thursday | 1345 - 1545 | FITNESS CLASS | YOGA | Yvonne Davies - 01873 853622 |
| | 1845 - 2045 | | | |
| Thursday | 1830 - 2030 | FITNESS CLASS | Tangsoodo | Paul Jones - 07796 873378 |
| Friday | 1000 - 1200 | TODDLERS Group | Laura Cole - 07500 565152 | |
| Friday | 1430 - 1515 | BALLET (Movement & Music for pre-school children) | "Twinkle Toes" (18 months - 2½ years) | Rachel Sweet - 07578 551686 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 | Email: info@llanfoistvillagehall.co.uk |
| Sunday | 1000 - 1200 | RELIGIOUS | Society of Friends | Penny Harding - 01600 780236 |