

BROADHEMPSTON VILLAGE HALL ACTIVITIES OCTOBER 2024

| DAY | EVENT | TIME | DROP IN / CONTACT |
|------|---------------------------|--------------------------|--|
| MON | YOGA | 9.30 -10.45am | Contact Liz: 07749 453894 lizdancing@hotmail.com |
| | ZUMBA | 6.00 – 7.00pm | £5 per session. Walk-ins welcome, or contact Mandi: mandidew@hotmail.co.uk |
| TUES | PILATES with Sarah | 5.45 - 6.45pm | Contact Sarah Newton: newsarahjane@gmail.com |
| | SHORT MAT BOWLS | 7.00 – 9.00pm | £3 per session. Walk-ins welcome. Contact Joan: joanpreston765@btinternet.com or Rod: rodperriman6@gmail.com |
| WED | BADMINTON | 5.00 - 7.00pm | Walk-ins welcome or contact Lucy: 07787 110686 |
| THU | PILATES with Brenda. | 9.00 -11.00am | £7.00 per session. Contact Brenda: brendasleeman@live.co.uk or 07702 984201 |
| | WOWHAUS ART (fortnightly) | 9.00 -2.00pm | Contact Helena: the.wowhaus.creates@gmail.com |
| | WALKING FOOTBALL | 7.30 - 8.30pm | Contact Steve Bamford: stevebamford@clara.co.uk or 07977 769450 |
| FRI | BABY & TODDLER | 9.00 - 11.00am | £3 for one child, £4 for two +, incl. drinks and snack. Walk-ins welcome. Contact Pablo: pablo@toledo.org.uk |
| | HALL FREE TO BOOK | AFTER 3.00am and EVENING | BADMINTON, TABLE TENNIS, PARTIES OR EVENTS |
| SAT | CIRCUIT TRAINING | 7.45 – 8.30am | £7.50/session or block booking £36 for 6 weeks. Contact Paul on 0789 0798759 or email: training@paulrosati.co.uk |
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| SUN | HULA-HOOP | 5.00 – 6.00pm | Contact Christine: hulagran@gmail.com |
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