

BROADHEMPSTON VILLAGE HALL REGULAR ACTIVITIES NOVEMBER 2025			
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
	PILATES with Sarah	7.15-8.15PM	Contact Sarah Newton: newsarahjane@gmail.com
TUES	SHORT MAT BOWLS	7.00 – 9.00pm	£3 per session. Walk-ins welcome. Contact Joan: joanpreston765@btinternet.com or Rod: rodperrian6@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.create@gmail.com
	QIGONG Meditation	5.15 - 6.15pm	£5 per session. For more info call 07397 810157 www.stillnessinmovement.co.uk
	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 1.00pm and EVENING	BADMINTON, TABLE TENNIS, PARTIES OR EVENTS
SAT	HALL FREE TO BOOK	DAY and EVENING	BADMINTON, TABLE TENNIS, PARTIES OR EVENTS
SUN	HULA-HOOP	5.00 – 6.00pm	Contact Christine: hulagran@gmail.com
	HALL FREE TO BOOK	DAY and EVENING	BADMINTON, TABLE TENNIS, PARTIES OR EVENTS