

## BROADHEMPSTON VILLAGE HALL ACTIVITIES OCTOBER 2025

| DAY  | EVENT                        | TIME                                      | DROP IN / CONTACT                                                                                                                                                                                                  |
|------|------------------------------|-------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| MON  | YOGA                         | 9.30 -10.45am                             | Contact Liz: 07749 453894<br><a href="mailto:lizdancing@hotmail.com">lizdancing@hotmail.com</a>                                                                                                                    |
|      | ZUMBA                        | 6.00 – 7.00pm                             | £5 per session. Walk-ins welcome, or contact Mandi:<br><a href="mailto:mandidew@hotmail.co.uk">mandidew@hotmail.co.uk</a>                                                                                          |
| TUES | PILATES with Sarah           | 2 sessions:<br>at 5.30pm and<br>at 6.45pm | Contact Sarah Newton:<br><a href="mailto:newsarahjane@gmail.com">newsarahjane@gmail.com</a>                                                                                                                        |
|      | SHORT MAT BOWLS              | 7.00 – 9.00pm                             | £3 per session. Walk-ins welcome.<br>Contact Joan:<br><a href="mailto:joanpreston765@btinternet.com">joanpreston765@btinternet.com</a><br>or Rod: <a href="mailto:rodperrian6@gmail.com">rodperrian6@gmail.com</a> |
| WED  | BADMINTON                    | 5.00 - 7.00pm                             | Walk-ins welcome or<br>contact Lucy: 07787 110686                                                                                                                                                                  |
| THU  | PILATES with Brenda.         | 9.00 -11.00am                             | £7.00 per session. Contact Brenda:<br><a href="mailto:brendasleeman@live.co.uk">brendasleeman@live.co.uk</a> or<br>07702 984201                                                                                    |
|      | WOWHAUS ART<br>(fortnightly) | 9.00 -2.00pm                              | Contact Helena:<br><a href="mailto:the.wowhaus.create@gmail.com">the.wowhaus.create@gmail.com</a>                                                                                                                  |
|      | QIGONG<br>Meditation         | 5.15 - 6.15pm                             | £5 per session. For more info call 07397 810157 <a href="http://www.stillnessinmovement.co.uk">www.stillnessinmovement.co.uk</a>                                                                                   |
|      | WALKING FOOTBALL             | 7.30 - 8.30pm                             | Contact Steve Bamford:<br><a href="mailto:stevebamford@clara.co.uk">stevebamford@clara.co.uk</a> or<br>07977 769450                                                                                                |
| FRI  | BABY & TODDLER               | 9.00 - 11.00am                            | £3 for one child, £4 for two +, incl. drinks and snack. Walk-ins welcome.<br>Contact Pablo: <a href="mailto:pablo@toledo.org.uk">pablo@toledo.org.uk</a>                                                           |
|      | HALL FREE TO BOOK            | AFTER 3.00am<br>and EVENING               | BADMINTON, TABLE TENNIS,<br>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: <a href="mailto:training@paulrosati.co.uk">training@paulrosati.co.uk</a>                                                    |
|      | HALL FREE TO BOOK            | DAY and<br>EVENING                        | BADMINTON, TABLE TENNIS,<br>PARTIES OR EVENTS                                                                                                                                                                      |
| SUN  | HULA-HOOP                    | 5.00 – 6.00pm                             | Contact Christine:<br><a href="mailto:hulagran@gmail.com">hulagran@gmail.com</a>                                                                                                                                   |
|      | HALL FREE TO BOOK            | DAY and<br>EVENING                        | BADMINTON, TABLE TENNIS,<br>PARTIES OR EVENTS                                                                                                                                                                      |