

WHATS ON

in St. Michael's Hall

OVER 50'S STRENGTH & BALANCE

Mondays: 11am – 12 noon
12 noon - 1pm

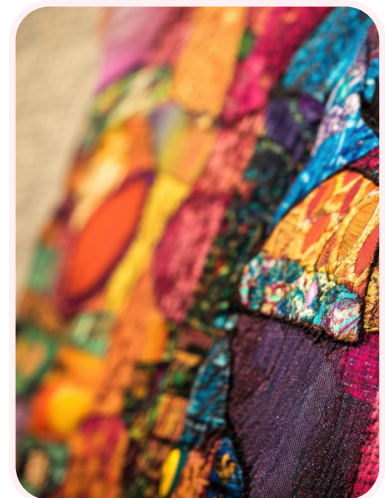
Beverley Santa Vega
07547 862749
bsvfitness@outlook.com



ART CLASS

Wednesdays: 11.30am - 1.30pm
Fridays: 10:00am - 12:00pm

Helen Murphy
07896 761970
murphys223@sky.com



AA GROUP

Wednesdays: 7.00pm - 9.15pm
Fridays: 7.00pm - 9.15pm

Paul Kirby
07898 115758
kirbypaul@live.co.uk



WHATS ON

in St. Michael's Hall

PILATES

Tuesdays: 7:00pm – 8:00pm

Thursdays: 7:00pm – 8:00pm

Jo Bean

07710 790186

jopilates2019@outlook.com



RAINBOWS

Mondays: 5:45pm - 7:15pm

Louise Brandon

07887 510948

louise.brandon1@ntlworld.com



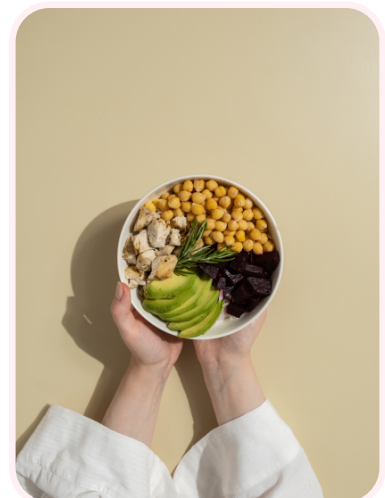
MINDFUL NUTRITION

Tuesdays: 12.30pm - 1.30pm

Deborah Miller

07368403261

deborahm@consultant.com



WHATS ON

in St. Michael's Hall

GARDEN CLUB

Tuesdays: 10am – 12 noon

Malcolm & Sue
0161 766 0830
mdavies40@gmail.com



OVER 50'S CLUB

Thursdays: 2:00pm - 4:00pm

Monica Quinn
0161 766 6206



ZUMBA GOLD

Wednesdays: 10:15am - 11.00am

Rebecca Luby
07969 551721
rebecca-luby@hotmail.co.uk



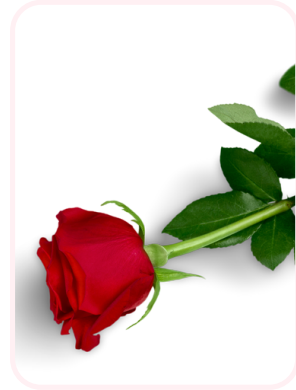
WHATS ON

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FRIENDLY FLOWERS

Tuesdays: 2.00pm - 4.00pm

Christine Holgate
c.holdgate0001@btinternet.com



MOO MUSIC FOR 0 - 5YRS & PARENTS

Thursdays: 9:30am - 1:00pm

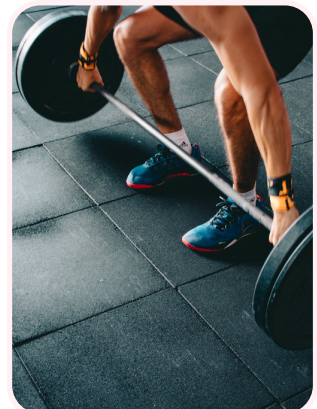
Rebecca Cosgrave
07805 513784
beckyboo@moo-music.co.uk



BEVERLEY FITNESS

Fridays: 1:00pm - 2:00pm

Beverley Santa Vega
07547862749
bsvfitness@outlook.com



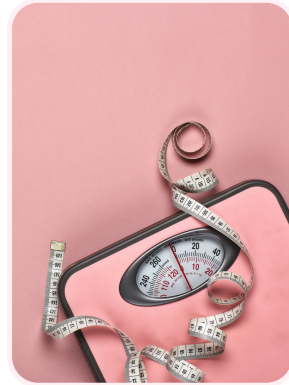
WHATS ON

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SLIMMING WORLD

Saturdays: 8.00am – 9.15am
9.15am – 10.45am

Lindsay Wheeler
07596 610462
lindsaywheeler@msn.com



GUIDES

Mondays: 7:15pm - 9:15pm

Amanda Blan
07790 307368
a.blan@virginmedia.com



Coffee Morning

Sundays: 10:15am - 11.00am

