

# WHATS ON IN ST MICHAEL'S HALL

MONDAY	ACTIVITY	CONTACT
10.30am - 11.30am	Over 50's Strength & Balance	Beverley Santa Vega 07547 862749 <a href="mailto:bsvfitness@outlook.com">bsvfitness@outlook.com</a>
12 noon - 1.00pm	Over 50's Strength & Balance	Same as above
1.30pm - 3.30pm	Pre-Diabetes fortnightly then monthly 2nd March - 14 Dec 2026	
5.45pm - 7.15pm	Rainbows	Louise Brandon 07887 510948 <a href="mailto:louise.brandon1@ntlworld.com">louise.brandon1@ntlworld.com</a>
7.15pm - 9.15pm	Guides	Amanda Blan 07790 307368 <a href="mailto:a.blan@virginmedia.com">a.blan@virginmedia.com</a>
TUESDAY	ACTIVITY	CONTACT
10.00am - 12 noon	Line Dancing	Julie Hawkins 07407297940 <a href="mailto:juliehawkins874@gmail.com">juliehawkins874@gmail.com</a>
2.00pm - 4.00pm	Friendly Flowers	Christine Holgate <a href="mailto:c.holdgate0001@btinternet.com">c.holdgate0001@btinternet.com</a>
7.00pm - 8.00pm	Pilates	Jo Bean 07710 790186 <a href="mailto:jopilates2019@outlook.com">jopilates2019@outlook.com</a>
WEDNESDAY	ACTIVITY	CONTACT
10.15am - 11.00am	Zumba Gold	Rebecca Luby 07969 551721 <a href="mailto:rebecca-luby@hotmail.co.uk">rebecca-luby@hotmail.co.uk</a>
11.30 am - 1.30pm	Art Class	Helen Murphy 07896 761970 <a href="mailto:murphys223@sky.com">murphys223@sky.com</a>
1.45pm - 3.45pm	Pre-Diabetes Group monthly to 25th March 2026	
7.00pm - 9.15pm	AA Group	Paul Kirby 07898 115758 <a href="mailto:kirbypaul@live.co.uk">kirbypaul@live.co.uk</a>

THURSDAY	ACTIVITY	CONTACT
10.00am - 12 noon	Thursday group – 1st Thursdays in the month	
2.00pm – 4.00pm	Over 50's Group	Monica Quinn 0161 766 6206
7.15pm - 8.00pm	Pilates	Jo Bean 07710 790186 <a href="mailto:jopilates2019@outlook.com">jopilates2019@outlook.com</a>
FRIDAY	ACTIVITY	CONTACT
10.00am - 12 noon	Art Class	Helen Murphy 07896 761970 murphys223@sky.com
2.45pm – 4.45pm	Pre-Diabetes Group fortnightly then monthly to 28th Aug 2026	
7.00pm – 9.15pm	AA Group	Paul Kirby 07898 115758 <a href="mailto:kirbypaul@live.co.uk">kirbypaul@live.co.uk</a>
SATURDAY	ACTIVITY	CONTACT
8.00am – 9.15am	Slimming World	Lindsay Wheeler 07596 610462 lindsaywheeler@msn.com
9.15am – 10.30am	Slimming World	Same as above
SUNDAY	ACTIVITY	CONTACT
10.15am – 11.15am	Parish Coffee Morning	