

# Barmby Moor Village Hall

| Day              | Time              | Class                         | Contact           | Telephone Number      |
|------------------|-------------------|-------------------------------|-------------------|-----------------------|
| <b>Monday</b>    | 10.00am – 11.00am | Yoga (U3A)                    | Ava Monroe        | 07908 711480          |
|                  | 11.30am – 12.30pm | Pilates                       | Ava Monroe        | 07908 711480          |
|                  | 5.25pm – 6.25pm   | Pilates                       | Sophie Redfern    | 01759 305069          |
|                  | 6.30pm – 7.30pm   | Pilates                       | Sophie Redfern    | 01759 305069          |
| <b>Tuesday</b>   | 10:00am – 11.00am | Pilates                       | Sophie Redfern    | 01759 305069          |
|                  | 2.00pm – 4.00pm   | Art (U3A)                     | Trish Cairns      | 01759 301196          |
|                  | 4.15pm – 5.45pm   | Ballet                        | Deborah           | 07834 275276          |
|                  | 7.00pm – 10.00pm  | Bridge                        | Dawn Watson       | 01759 388269          |
| <b>Wednesday</b> | 10:00am – 12.00md | Art (U3A)                     | Trish Cairns      | 01759 301196          |
|                  | 1.30pm – 3.30pm   | Art                           | Shirley Wiltshire | 01759 368166          |
|                  | 4.55pm – 5.55pm   | Pilates                       | Sophie Redfern    | 01759 305069          |
|                  | 6:00pm – 7:00pm   | Pilates                       | Sophie Redfern    | 01759 305069          |
|                  | 7.45pm – 8.30pm   | Circuit Training              | Ema Devlin        | 07730 096483          |
| <b>Thursday</b>  | 10:00am – 12.00md | Art (U3A (Alt Weeks))         | Steve Fraser      | 01759 307265          |
|                  | 1.30pm – 3.30pm   | Flower Arranging              | Jan Gardham       | 01759 302927          |
|                  | 5.15pm – 6.00pm   | Street Dance (Age 4-8)        | Ema Devlin        | 07730 096483          |
|                  | 6.00pm – 7.00pm   | Street Dance (Age 9-16)       | Ema Devlin        | 07730 096483          |
|                  | 7.00pm – 7.45pm   | Contemporary Dance (Age 9-16) | Ema Devlin        | 07730 096483          |
|                  | 7.55pm – 8.40pm   | Core Strengthening Pilates    | Ema Devlin        | 07730 096483          |
| <b>Friday</b>    | 2.30pm – 4.00pm   | Line Dancing (U3A)            | Ian Ball          | 01759 304329 / 307465 |
|                  | 7.30pm – 9.30pm   | Square Dancing                | Richard Henley    | 01430 879812          |