

Day	Time	Activity	contact	email
Monday	7pm	Short Mat Bowls	Brian	brianjackman@hotmail.com
Tuesday	9am	Fitness Class	Will	itsmattos@me.com
	12pm	Adult Ballet	Nicky	nickybriceballet@gmail.com
	5.30pm	Pilates	Gill	gill_court@hotmail.com
	7pm	Community Theatre	Shiela	sheilagsnellgrove@gmail.com
3 <sup>rd</sup> Wed	11am	Sound Healing	Tracey	Sacredspacehealing.org.uk
	6pm	Yoga	Louise	louise@essentialyoga.uk
	7pm	Short Mat Bowls	Brian	Brianjackman@hotmail.com
Thursday	10am	Friendship Circle	Cheryl	cherylmulvihill@hotmail.co.uk
	4.30pm	Tai Chi	Adam	contact@adambenjamin.co.uk
	6pm	Yoga	Pheobe	phoebedorystill123@gmail.com
	7.30pm	Belly Dance	Jules	juleszahaya@hotmail.co.uk
	7pm	Writers Group	Ross	herossea2004@yahoo.com
Friday	9am	Fitness Class	Will	itsmattos@me.com
3 <sup>rd</sup> Friday of Month	6.30pm	Youth Club	Lara	calstockyouthclub@gmail.com
Sunday	10am	Samba Drumming	Chrissy	chrissywallis@googlemail.com
	11 am	Community Café and repair cafe	Nellie	downbeatskates@yahoo.co.uk