

Millpool Centre Timetable

Mon	9.30am - 10.25am 10.30am - 11.25am 6 pm- 7.15pm 7.30pm - 9.30pm 7.30pm - 9pm	Pilates with Kerry - 07588 220 007 Pilates with Kerry - kmkpilates.co.uk Yoga with Maria - contact - 07980 533 050 Keltique Choir (Ground floor) 07765 000 547 Looe Karate Club (1st floor) 01503 264767
Tues	8.30am - 9.25am 10am - 12pm 10.30am – 11.30am 2pm - 3.30pm 6.30pm - 7.15pm 7pm - 8.30pm	Pilates– kmkpilates.co.uk for booking IT Drop in computer club - (GF)- call 01503 265947 Sheila’s School of Dance Adult Dancercise - 07866 771 429 Gentle Exercise Class with Looe Breathers - 01503 265947 Power Hooping : Bond Fitness 07779 059 868 Pure Stretch : Bond Fitness 07779 059 868
Weds	10am - 11am 10am & 11.30am 1.15pm - 2.15pm 4pm - 5.15pm 6pm - 7pm 7.30pm - 9pm	Gentle Yoga for beginners Hartbeeps: Musical play sessions for pre school children: 07786 544 849 Move, Stretch & Tone exercise class with Denise (DWJ) Yoga with Maria - contact -07980 533 050 Freestyle Disco Dance Session Tai Chi - contact 01579 340 591
Thurs	10.30am - 11.30am 12.30 - 1.30pm 4pm - 9.30pm 7pm - 9pm	Sheila’s School of Dance Adult Dancercise - 07866 771 429 WW (Weight Watchers Healthy Eating Club) Ballet & Tap classes Child & Adult with DWJ 1st floor Ukulele Club (Ground Floor)
Fri	8.30am & 9.30am 4.30pm - 7.30pm 6.15pm - 7.15pm 7.30pm - 9pm	Pilates with Kerry - contact - 07588 220 007 Looe Youth Theatre - 07920 282 818 (Fiona) Multi-Fit Exercise Class (Hooping, Body Conditioning, Pure Stretch) Bond Fitness with Denise Bond 07779 059 868 Looe Karate club 01503 264767 (Dave)
Sat & Sun	Centre Available For Private Hire - 01503 265947	
The Millpool Centre, West Looe. PL13 2AF : manager@millpoolcentre.org		