

<b>Mon</b>	7.45am– 9am 10.30am– 11.30 5.45 pm- 7.pm 6pm - 7pm 7.15pm - 8.15pm 7.30pm - 9pm	Yoga with Gocha: <a href="http://www.gochawellness.com">www.gochawellness.com</a> Paracise: New exercise class with Lisa Gorman 1st floor Yoga with Maria - contact - 07980 533 050 1st floor Gentle Yoga with Clio Scutt - 07484 880 105 Ground floor Handstand club Clio Scutt—ground floor Looe Karate Club –Contact Dave - 07889 310 908 1st floor
<b>Tues</b>	8.30am & 9.45am 11am - 12pm 2pm - 3.30pm 6pm - 6.45pm 7pm - 8pm	Pilates with Kerry - 07588 220 007 1st floor 50 Plus Dancercise with Sheila’s School of Dance 07866771429 Gentle Exercise Class with Looe Breathers - 01503 265947 1st floor Power Hooping : Bond Fitness 07779 059 868 1st floor Pure Stretch : Bond Fitness 07779 059 868 1st floor
<b>Weds</b>	7.45am—9am 10.15am - 11.15am 1pm - 2pm 6pm - 7pm 7pm - 8pm 7pm - 8.30pm	Yoga with Gocha 07539 178 840 1st floor Physio-led Pilates for beginners (Rebecca: booking <a href="http://www.mikeredshaw.com">www.mikeredshaw.com</a> ) Gentle aerobic stretch & tone: Bond fitness 07779 059 868 1st floor Adult contemporary dance with Gocha wellness 1st floor Pilates: Gocha Wellness 1st floor Ashtanga Yoga with Clio: contact 07484 880 105 ground floor
<b>Thurs</b>	11am - 12pm 1.15pm - 2.30pm 4pm - 8.30pm 7pm - 9pm	Sheila’s School of Dance Adult Dancercise - 07866 771 429 1st floor Pop-up-Play Village (1st floor) starts 18th Aug 22 Ballet & Tap classes, contemporary & street Child & Adult with Dance with Jodie 1st floor : call Jodie on 07584 428 163 1st floor (TERM TIME ONLY) Ukulele Club (Ground Floor) contact Roger Lane: 01503 262775(starts end July 2021) ground floor
<b>Fri</b>	4.30pm - 7.30pm 6pm - 7.15pm 7.30pm - 9pm	Looe Youth Theatre - 07920 282 818 (Fiona) ground floor (Term time only) Multi-Fit Exercise Class (Hooping, Body Conditioning, Pure Stretch) Bond Fitness with Denise Bond 07779 059 868 1st floor Looe Karate club 01503 264767 (Dave) 1st floor
<b>Sat</b>	7am - 9am	Astanga Yoga: Clio 07484 880 105 1st floor
<b>Sun</b>	9am - 12pm	Tiny Toes Ballet classes: see website for class info <a href="http://www.tinytoesballet.co.uk/cornwall">www.tinytoesballet.co.uk/cornwall</a> 1st floor
<b>Sat &amp; Sun</b>	Centre Available For Private Hire - 01503 265947	
The Millpool Centre, West Looe. PL13 2AF : <a href="mailto:manager@millpoolcentre.org">manager@millpoolcentre.org</a>		