

Millpool Centre Timetable

Mon	10.30am– 11.30 10.15am - 12.15 5.45 pm- 7.pm 7.30pm - 9pm	Paracise: New exercise class with Lisa Gorman 1st floor Scottish Dancing: contact Betty: 01503 264862 ground floor Yoga with Maria - contact - 07980 533 050 1st floor Looe Karate Club –Contact Dave - 07889 310 908 1st floor
Tues	8.30am & 9.45am 11am - 12pm 11am - 12pm 2pm - 3.30pm 6pm - 6.45pm 7pm - 8pm	Pilates with Kerry - 07588 220 007 1st floor Pilates with Gocha Wellness ground Floor 07539 178 840 ground 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
Weds	8am—9.30am 10am - 11am 11.30 & 1pm 10am - 11am 1pm - 2pm 6pm - 7pm 7pm - 8pm 7pm - 8.30pm	Yoga with Gocha 07539 178 840 1st floor Hartbeeps: Musical play sessions for pre school children: Ground Floor Hartbeeps: contact Lisa 07786 544 849 Ground floor (term time only) Physio-led Pilates for beginners (Rebecca: booking www.mikeredshaw.com) 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
Thurs	11am - 12pm 11am - 12pm 4pm - 8.30pm 7pm - 9pm	Sheila’s School of Dance Adult Dancercise - 07866 771 429 1st floor Pilates with Gocha Wellness Ground Floor 07539 178 840 ground floor 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
Fri	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 Tiny Toes Ballet classes: see website for class info www.tinytoesballet.co.uk/cornwall
Sat	7am - 9am	Astanga Yoga: Clio 07484 880 105 1st floor
Sun	9am - 12pm	Tiny Toes Ballet classes: see website for class info www.tinytoesballet.co.uk/cornwall 1st floor
Sat & Sun	Centre Available For Private Hire - 01503 265947	
The Millpool Centre, West Looe. PL13 2AF : manager@millpoolcentre.org		