

Millpool Centre Timetable

Mon	<p>10.30am– 11.30 5.45 pm- 7.pm 6:15pm - 7:15pm 7:30pm - 8.30pm 7.30pm - 9pm</p>	<p>Paracise: New exercise class with Lisa Gorman (from 4th Oct) Yoga with Maria - contact - 07980 533 050 1st floor Pregnancy Fitness class (from 14 weeks to birth) 0789 473 7451 G floor Ladies Eve Circuits (0789 473 7451) Call Theresa for more info Ground floor Looe Karate Club (1st floor) 01503 264767 first floor</p>
Tues	<p>8.30am - 9.30am 11am - 12pm 11am - 12pm 2pm - 3.30pm 6.15pm - 7pm 7pm - 8pm</p>	<p>Pilates with Kerry - 07588 220 007 1st floor Pilates with Gocha Wellness ground Floor 07539 178 840 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</p>
Weds	<p>8am—9.30am 10am - 11am 11.30 & 1pm 10.30am - 11.30am 1pm - 1.50pm 6pm - 7pm 7pm - 8pm</p>	<p>Yoga with Gocha 07539 178 840 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:to book www.mikeredshaw.com) Gentle aerobic stretch & tone: Bond fitness 07779 059 868 Adult contemporary dance with Gocha wellness 1st floor Pilates: Gocha Wellness 1st floor</p>
Thurs	<p>8.30am - 9.30am 9.45am - 10.45am 11am - 12pm 11am - 12pm 4pm - 8.30pm 7pm - 9pm</p>	<p>Pilates Kerry King 1st floor Pilates Kerry King 1st floor Sheila's School of Dance Adult Dancercise - 07866 771 429 1st floor Pilates with Gocha Wellness Ground Floor 07539 178 840 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</p>
Fri	<p>4.30pm - 7.30pm 6.05pm - 7.15pm 7.30pm - 9pm</p>	<p>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</p>
Sun	<p>9am –12pm</p>	<p>Tiny Toes Ballet classes: see website for class info www.tinytoesballet.co.uk/cornwall</p>
Sat & Sun	<p>Centre Available For Private Hire - 01503 265947</p>	
<p>The Millpool Centre, West Looe. PL13 2AF : manager@millpoolcentre.org</p>		