

Millpool Centre Timetable 2019

Mon	9.30am - 10.25am	Pilates with Kerry - 07588 220 007
	10.30am - 11.25am	Pilates with Kerry - kmkpilates.co.uk
	6pm - 7.15pm	Yoga with Maria - contact - 07980 533 050
	7.30pm - 9.30pm	Keltique Choir (Ground floor) 07765 000 547
	7.30pm - 9pm	Looe Karate Club (1st floor) 01503 264767
Tues	8.30am - 9.25am	Pilates– kmkpilates.co.uk for booking
	10am - 12pm	Computer Club - 01503 265947
	10.30am – 11.30am	Sheila’s School of Dance Adult Dancercise - 07866 771 429
	2pm - 3.30pm	Gentle Exercise Class with Looe Exercise Club - 01503 265947
	6.30pm & 7.15pm	Power hooping 6.30pm Pure stretch 7.15pm 07779 059 868
Weds	10am - 1.30pm	Hartbeeps - 07786 544 849 Lisa
	10am - 11am	Yoga for beginners 07980 533 050
	1.15pm - 2.15pm	Move, Stretch & Tone exercise class with Bond Fitness
	4pm - 5.15pm	Yoga with Maria - contact -07980 533 050
	6.30pm - 8.30pm	Youth Club (ground floor) - 01503 265947
	7.30pm - 9pm	Tai Chi (Adult Ed)- contact– 01579 340 591
Thurs	10.30am - 11.30am	Sheila’s School of Dance Adult Dancercise - 07866 771 429
	4pm - 8.30pm	Ballet, Street & Contemporary Dance - 07584 428 163
		Dance with Jodie classes from juniors to adults
	7pm - 9pm	Ukulele Club (Ground Floor) 01503 265947
Fri	8.30am & 9.30am	Pilates with Kerry - contact - 07588 220 007
	4.30pm - 8pm	Looe Youth Theatre
	6pm - 7pm	Multi-Fit Exercise Class (Hooping, Body Conditioning, Pure stretch) Bond Fitness with Denise 07779 059 868
	7.30pm - 9pm	Looe Karate club 01503 264767
Sat & Sun		Centre Available For Private Hire - 01503 265947