

Millpool Centre Autumn Timetable 2018

Mon	9.45am - 10..35am	Pilates with Kerry - 07588 220 007
	10.45am - 11.35am	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
	10.30am – 11.30am	Sheila’s School of Dance Adult Dancercise - 07866 771 429
	2pm - 3.30pm	Gentle Exercise Class with Looe Breathers - 01503 265125
	6.30pm & 7.30pm	Power hooping 6.30pm Pure stretch 7.30pm
Weds	10am - 1.30pm	Hartbeeps
	10am - 11.15am	Yoga for begginers
	1.15pm - 2.15pm	Move, Stretch & Tone exercise class with Denise (DWJ)
	5.45pm - 7pm	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 345 384
Thurs	10am - 12am	Active Plus
	10.30am - 11.30am	Sheila’s School of Dance Adult Dancercise - 07866 771 429
	1.30pm– 2.30pm	Yoga For Pregnancy
	4pm - 9.30pm	Ballet, Street & Contemporary Dance with DWJ GF
	7pm - 9pm	Ukulele Club (Ground Floor)
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