

## Millpool Centre Timetable

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 - <b>07980 533 050</b>
	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
	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
	4pm - 8.15pm	Ballet & Tap classes Child & Adult with DWJ 1st floor
Weds	10am - 12am	IT for Beginners Club - Drop in (GF)- call 01503 265947
	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	10.30am - 11.30am	Sheila’s School of Dance Adult Dancercise - 07866 771 429
	4am - 7pm	Street & Contemporary Dance with DWJ GF
	6pm - 6.50pm	Pilates with Kerry - contact - 07588 220 007
	7pm. - 7.50pm	Pilates with Kerry
	7pm - 9pm	
Fri	8.30 & 9.30am	Pilates with Kerry - contact - 07588 220 007
	4.30pm - 9pm	Looe Youth Theatre - 07711 731 235 - Val Cottrell
	6.15pm - 7.15pm	Muti-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	