

Millpool Centre Timetable

Mon	9.45am - 10..35am 10.45am - 11.35am 6pm-7.15pm 7.30pm - 9.30pm 7.30pm - 9pm	Pilates with Kerry - 07588 220 007 Pilates with Kerry - kmkpilates.co.uk Yoga with Maria - contact - 07980 533 050 Keltique Choir (Ground floor) 07765 000 547 Looe Karate Club (1st floor) 01503 264767
Tues	8.30am - 9.25am 10.30am – 11.30am 2pm - 3.30pm 4pm - 8.15pm	Pilates– kmkpilates.co.uk for booking Sheila’s School of Dance Adult Dancercise - 07866 771 429 Gentle Exercise Class with Looe Breathers - 01503 265125 Ballet & Tap classes Child & Adult with DWJ 1st floor
Weds	10am - 12am 1.15pm - 2.15pm 5.45pm - 7pm 6.30pm - 8.30pm 7.30pm - 9pm	IT for Beginners Club - Drop in (GF)- call 01503 265947 Move, Stretch & Tone exercise class with Denise (DWJ) Yoga with Maria - contact -07980 533 050 Youth Club (ground floor) - 01503 265947 Tai Chi (Adult Ed)- contact– 01579 345 384
Thurs	10.30am - 11.30am 4am - 7pm 7pm - 9pm	Sheila’s School of Dance Adult Dancercise - 07866 771 429 Street & Contemporary Dance with DWJ GF Ukulele Club (Ground Floor)
Fri	8.30 & 9.30am 6pm - 7pm 7.30pm - 9pm	Pilates with Kerry - contact - 07588 220 007 Muti-Fit Exercise Class (Hooping, Body Conditioning, Pure stretch) Bond Fitness with Denise 07779 059 868 Looe Karate club 01503 264767
Sat & Sun	Centre Available For Private Hire - 01503 265947	