

Millpool Centre Timetable

Mon	<p>7.45am– 9am</p> <p>9.30am - 10.15am</p> <p>10.45am - 11.30am</p> <p>10.30am– 11.30</p> <p>5pm– 6.15pm</p> <p>4pm & 6pm</p> <p>7.30pm - 9pm</p>	<p>Yoga with Gocha: www.gochawellness.com</p> <p>Bright Sparks Baby Sensory 9.30am birth - 13 months</p> <p>Bright Sparks baby Sensory 10.45am 9 months - 18 months</p> <p>Paracise: New exercise class with Lisa Gorman 1st floor</p> <p>Yoga with Maria - contact - 07980 533 050 1st floor</p> <p>Slimming World contact Rachel: 07463 929 696</p> <p>Looe Karate Club –Contact Dave - 07889 310 908 1st floor</p>
Tues	<p>8.30am & 9.45am</p> <p>11am - 12pm</p> <p>2pm - 3.30pm</p> <p>6.15pm - 7pm</p> <p>7pm - 7.45pm</p>	<p>Pilates with Kerry - 07588 220 007 1st floor</p> <p>50 Plus Dancercise with Sheila’s School of Dance 07866771429</p> <p>Gentle Exercise Class with Looe Exercise Club - 01503 265947 1st floor</p> <p>Power Hooping : Bond Fitness 07779 059 868 1st floor</p> <p>Pure Stretch : Bond Fitness 07779 059 868 1st floor</p>
Weds	<p>7.45am—9am</p> <p>6pm - 7pm</p> <p>7pm - 8pm</p> <p>6pm & 8pm</p>	<p>Yoga with Gocha 07539 178 840 1st floor</p> <p>Adult contemporary dance with Gocha wellness 1st floor</p> <p>Pilates: Gocha Wellness 1st floor</p> <p>Ashtanga Yoga with Clio: contact 07484 880 105 ground floor</p>
Thurs	<p>11am - 12pm</p> <p>4pm - 8.30pm</p> <p>7pm - 9pm</p>	<p>Sheila’s School of Dance Adult Dancercise - 07866 771 429 1st floor</p> <p>Ballet & Tap classes, contemporary & street Child & Adult with Dance with Jodie 1st floor : call Jodie on 07584 428 163 1st floor (TERM TIME ONLY)</p> <p>Ukulele Club (Ground Floor) contact Roger Lane: 01503 262775(starts end July 2021) ground floor</p>
Fri	<p>4.30pm - 7.30pm</p> <p>6pm - 7.15pm</p> <p>7.30pm - 9pm</p>	<p>Looe Youth Theatre - 07920 282 818 (Fiona) ground floor (Term time only)</p> <p>Multi-Fit Exercise Class (Hooping, Body Conditioning, Pure Stretch)</p> <p>Bond Fitness with Denise Bond 07779 059 868 1st floor</p> <p>Looe Karate club 01503 264767 (Dave) 1st floor</p>
Sat		
Sun		

Sat & Sun

Centre Available For Private Hire - 01503 265947

The Millpool Centre, West Looe. PL13 2AF : manager@millpoolcentre.org