

# Millpool Centre Timetable

Mon	7.45am– 9am 10.30am– 11.30 5pm– 6.15pm 3pm, 4.30pm, 6pm 7.30pm - 9pm	Yoga with Gocha: <a href="http://www.gochawellness.com">www.gochawellness.com</a> Paracise: New exercise class with Lisa Gorman 1st floor Yoga with Maria - contact - 07980 533 050 1st floor Slimming World contact Rachel: 07463 929 696 Looe Karate Club –Contact Dave - 07889 310 908 1st floor
Tues	8.30am & 9.45am 11am - 12pm 2pm - 3.30pm 6.pm - 6.45pm 7pm - 7.45pm	Pilates with Kerry - 07588 220 007 1st floor 50 Plus Dancercise with Sheila’s School of Dance 07866771429 Gentle Exercise Class with Looe Exercise Club - 01503 265947 1st floor Power Hooping : Bond Fitness 07779 059 868 1st floor Pure Stretch : Bond Fitness 07779 059 868 1st floor
Weds	7.45am—9am 6pm - 7pm 7pm - 8pm 10am - 3pm	Yoga with Gocha 07539 178 840 1st floor Adult contemporary dance with Gocha wellness 1st floor Pilates: Gocha Wellness 1st floor Lloyds Bank - Online and advice service only (no cash)
Thurs	11am - 12pm 4pm - 8.30pm 7pm - 9pm	Sheila’s School of Dance Adult Dancercise - 07866 771 429 1st floor Ballet & Tap classes, contemporary & street Child & Adult with Dance with Jodie 1st floor : call Jodie on 07584 428 163 1st floor (TERM TIME ONLY) Ukulele Club (Ground Floor) contact Roger Lane: 01503 262775(starts end July 2021) ground floor
Fri	4.30pm - 7.30pm 6pm - 7.15pm 7.30pm - 9pm	Looe Youth Theatre - 07920 282 818 (Fiona) ground floor (Term time only) Multi-Fit Exercise Class (Hooping, Body Conditioning, Pure Stretch) Bond Fitness with Denise Bond 07779 059 868 1st floor Looe Karate club 01503 264767 (Dave) 1st floor
Sat		
Sun		

Sat & Sun

Centre Available For Private Hire - 01503 265947

The Millpool Centre, West Looe. PL13 2AF : [manager@millpoolcentre.org](mailto:manager@millpoolcentre.org)