

# MILLPOOL CENTRE TIMETABLE

<b>Mon</b>	<p>8am– 9am</p> <p>10.30am– 11.30</p> <p>2pm - 4pm</p> <p>4pm - 8pm</p> <p>4pm– 5.15pm</p> <p>7.30pm - 9pm</p>	<p>Yoga with Gocha: <a href="http://www.gochawellness.com">www.gochawellness.com</a></p> <p>Paracise: Exercise class with Lisa Gorman 1st floor 07890 381 516</p> <p>Panto rehearsals: contact Marylyn King</p> <p>Bond Dance company: contemporary &amp; commercial age 3-young teens term time only contact: 07969 212 902</p> <p>Yoga with Maria - contact - 07980 533 050 1st floor check dates with Maria for term times</p> <p>Looe Karate Club –Contact Dave - 07889 310 908 1st floor</p>
<b>Tue</b>	<p>8.30am &amp; 9.45am</p> <p>10am - 11am</p> <p>11am - 12pm</p> <p>11am - 12pm</p> <p>2pm - 3.30pm</p> <p>7pm - 8.30pm</p>	<p>Pilates with Kerry - 07588 220 007 1st floor</p> <p>Little Wiggles: Movement, stories &amp; songs babies &amp; pre walkers</p> <p>Wear &amp; Wiggle: Dance with your baby: BDC 07969 212 902 (Term time)</p> <p>50 Plus Dancercise with Sheila’s School of Dance 07866771429</p> <p>Exercise Class with Looe Exercise Group - 01503 265947 1st floor</p> <p>Mindfulness meditation with Natalie:1st Tue of each month from 3rd Sept : 07973 267 232: <a href="mailto:natalie@natalie-brooks.co.uk">natalie@natalie-brooks.co.uk</a></p>
<b>Wed</b>	<p>8am–9am</p> <p>6pm - 7pm</p> <p>7pm - 8pm</p> <p>4.30pm–6pm</p>	<p>Yoga with Gocha 07539 178 840 1st floor (Check for term dates)</p> <p>Adult contemporary dance with Gocha wellness 1st floor</p> <p>Pilates: Gocha Wellness 1st floor</p> <p>Last Wednesday of each month - Community Meals - 07766 020 524</p>
<b>Thu</b>	<p>10am - 10.45am</p> <p>11am - 12pm</p> <p>12.30pm - 1.30pm</p> <p>1.45pm-3.45pm</p> <p>4pm - 8.30pm</p> <p>7pm - 9pm</p>	<p>Jump &amp; Wiggle : BDC : 07969 212 902 Baby &amp; Toddler group (Term time)</p> <p>Sheila’s School of Dance Adult Dancercise - 07866 771 429 1st floor</p> <p>Tai chi: Kath Revell: 07729 907 056 1st floor</p> <p>Cornwall Mind Community Café 2nd Thu of month: Vocal group 4th Thu</p> <p>Ballet &amp; Tap classes, contemporary &amp; street Child &amp; Adult with Bond Dance Company: contact Rachel 07969 212 902 1st floor (TERM TIME ONLY)</p> <p>Ukulele Club (Ground Floor) contact Roger Lane: 01503 262775</p>
<b>Fri</b>	<p>1.30pm - 2.30pm</p> <p>4.30pm - 7.30pm</p> <p>6pm - 7.15pm</p> <p>7.30pm - 9pm</p>	<p>Jummah Prayers: contact 07974 223 693 From 27th Oct 12.30 - 1.30pm</p> <p>Looe Youth Theatre - 07920 282 818 (Fiona) ground floor (Term time only)</p> <p>Multi-Fit Exercise Class (Hooping (optional), 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 Centre Available For Private Hire - 01503 265947

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