

MILLPOOL CENTRE TIMETABLE

Mon	<p>8am– 9am</p> <p>10.30am– 11.30</p> <p>4pm - 8pm</p> <p>5.30pm - 6.30pm</p> <p>7.30pm - 9pm</p>	<p>Yoga with Gocha: www.gochawellness.com</p> <p>Paracise: Exercise class with Lisa Gorman 1st floor 07890 381 516</p> <p>Bond Dance company: contemporary & commercial age 3-young teens term time only contact: 07969 212 902</p> <p>Pilates : Barbara 07702 051 797</p> <p>Looe Karate Club –Contact Dave - 07889 310 908 1st floor</p>
Tue	<p>8.30am & 9.45am</p> <p>11am - 12pm</p> <p>2pm - 3.30pm</p>	<p>Pilates with Barabara - 1st floor 07702 051 797</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>
Wed	<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>
Thu	<p>11am - 12pm</p> <p>1.45pm-3.45pm</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>Cornwall Mind Community Café 2nd Thu of month</p> <p>Ballet & Tap classes, contemporary & street Child & 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>
Fri	<p>4.30pm - 7.30pm</p> <p>7.30pm - 9pm</p>	<p>Looe Youth Theatre - 07920 282 818 (Fiona) ground floor (Term time only)</p> <p>Looe Karate club 01503 264767 (Dave) 1st floor</p>
<p>Sat & Sun Centre Available For Private Hire - 01503 265947</p> <p>The Millpool Centre, West Looe. PL13 2AF : manager@millpoolcentre.org</p>		