

MILLPOOL CENTRE TIMETABLE

Mon	8am– 9am	Yoga with Gocha: www.gochawellness.com
	10.30am– 11.30	Paracise: Exercise class with Lisa Gorman 1st floor 07890 381 516
	11.45am - 1pm	Yoga with Maria - contact - 07980 533 050 1st floor check dates with Maria for term times
	4pm - 8pm	Bond Dance company: contemporary & commercial age 3-young teens term time only contact: 07969 212 902
	7.30pm - 9pm	Looe Karate Club –Contact Dave - 07889 310 908 1st floor
Tue	8.30am & 9.45am	Pilates with Barabara - 1st floor
	11am - 12pm	50 Plus Dancercise with Sheila’s School of Dance 07866771429
	2pm - 3.30pm	Exercise Class with Looe Exercise Group - 01503 265947 1st floor
Wed	8am—9am	Yoga with Gocha 07539 178 840 1st floor (Check for term dates)
	6pm - 7pm	Adult contemporary dance with Gocha wellness 1st floor
	7pm - 8pm	Pilates: Gocha Wellness 1st floor
	4.30pm—6pm	Last Wednesday of each month - Community Meals - 07766 020 524
Thu	11am - 12pm	Sheila’s School of Dance Adult Dancercise - 07866 771 429 1st floor
	1.45pm-3.45pm	Cornwall Mind Community Café 2nd Thu of month: Vocal group 4th Thu
	4pm - 8.30pm	Ballet & Tap classes, contemporary & street Child & Adult with Bond Dance Company: contact Rachel 07969 212 902 1st floor (TERM TIME ONLY)
	7pm - 9pm	Ukulele Club (Ground Floor) contact Roger Lane: 01503 262775
Fri	4.30pm - 7.30pm	Looe Youth Theatre - 07920 282 818 (Fiona) ground floor (Term time only)
	7.30pm - 9pm	Looe Karate club 01503 264767 (Dave) 1st floor
Sat & Sun Centre Available For Private Hire - 01503 265947		
The Millpool Centre, West Looe. PL13 2AF : manager@millpoolcentre.org		