

Marshalswick Community Centre

Activities and regular hirers

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| MONDAY | 10.00am - 11.00am | SWEATY MAMA (Mother and baby exercise class) Diana Aranyi | Tel: 07832 547 887 |
| | 11.30am - 12.30pm | STRETCH & STABILISE Daniel Kraft | Tel: 07536 181 250 |
| | 2.00pm - 4.00pm | ALZHEIMER'S GROUP Jennifer Smith | Tel: 07860 372 530 |
| | 5.30pm - 6.30pm | TIGER FIGHT ACADEMY Syed Hussain | Tel: 07713 565 395 |
| | 7.30pm - 9.30pm | CARPET BOWLS Les Fielding | Tel: 01727 831586 |
| TUESDAY | 9.00am - 10.00am | MAT PILATES Yasemin Ozay | Tel: 07796 028 051 |
| | 10.45am - 12.45pm | STROKE CLUB Pam King | Tel: 01923 661555 |
| | 1.30pm - 2.30pm | MS SOCIETY YOGA Mary Coyne | Tel: 07508 601 066 |
| | 3.00pm - 4.30pm | AVAILABLE FOR HIRE | |
| | 5.00pm - 6.00pm | ROUND 1 BOXING ACADEMY (Children) George Dunks | Tel: 07590 847 795 |
| | 7.00pm - 8.00pm | SW DANCE ACADEMY Suzie Wallington | Tel: 07771 801 557 |
| | 8.30pm - 9.30pm | MAT PILATES Yasemin Ozay | Tel: 07796 028 051 |
| WEDNESDAY | 9.30am - 12.30pm | LITTLE SUNBEAMS (Children's music class) Laura Dannan | Tel: 07956 385222 |
| | 1.00pm - 3.00pm | BASKING BABIES Laura Mullen | Tel: 07872 638 431 |
| | 3.30pm - 6.30pm | AVAILABLE FOR HIRE | |
| | 7.30pm - 9.30pm (1 st , 3 rd , 4 th week in month) | ST. ALBANS ART SOCIETY Stephanie Benbow | Tel: 07738 762 820 |
| | 6.30pm - 9.30pm (2 nd week in month) | CITY WI Sandra Pidoux | Tel: 07814 681 137 |
| THURSDAY | 9.30am - 10.30am 11.00am - 12.30pm | PILATES Karen Jones | Tel: 07957 355 332 |
| | 1.30pm - 3.00pm | AVAILABLE FOR HIRE | |
| | 4.00pm - 5.30pm | 001 FITNESS Vicki Wang | Tel: 07725 489 572 |
| | 6.00pm - 7.00pm | RAINBOWS Emma Watson | 24thstalbansrainbows@gmail.com |
| | 8.00pm - 9.30pm | FEELGOOD FACTOR ACTING CLASS Catherine Lomax | Tel: 07811 343 189 |