

Marshalswick Community Centre

Activities and regular hirers

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MONDAY	6.00am - 7.00am	YOGA Nicola Robinson	Tel: 07860 946 295
	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
	4.30pm - 5.45pm	AVAILABLE FOR HIRE	
	6.15pm - 8.15pm	TIGER FIGHT ACADEMY Syed Hussain	Tel: 07713 565 395
	8.15pm - 9.30pm	WOMEN'S THAI BOXING Najima El Bouchikhi	Tel: 07845 971 878
TUESDAY	9.15am - 10.15am	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 - 6.00pm	AVAILABLE FOR HIRE	
	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	9.45am - 12.15pm	LITTLE SUNBEAMS (Children's music classes) Laura Dannan	Tel: 07956 385222
	1.15pm - 2.15pm	MOONBEAMS BABY MASSAGE Mandy Janes	Tel: 07939 214 191
	7.30pm - 9.30pm (1 st , 3 rd , 4th 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 - 1.30pm (Fortnightly)	ABIGAIL HARRIS SINGING LESSONS Abigail Harris	Tel: 07793 068 533
	9.30am - 1.30pm (Fortnightly)	AVAILABLE FOR HIRE	
	2.00pm - 5.30pm	AVAILABLE FOR HIRE	
	6.00pm - 7.00pm	RAINBOWS Emma Watson	24thstalbarsrainbows@gmail.com
	8.00pm - 9.30pm	FEELGOOD FACTOR ACTING CLASS Catherine Lomax	Tel: 07811 343 189