

# Marshalswick Community Centre

Activities and regular hirers

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<b>MONDAY</b>	10.00am - 11.00am	<b>SWEATY MAMA</b> (Mother and baby exercise class) Diana Aranyi	Tel: 07832 547 887
	11.30am - 12.30pm	<b>STRETCH &amp; STABILISE</b> Daniel Kraft	Tel: 07536 181 250
	2.00pm - 4.00pm	<b>ALZHEIMER'S GROUP</b> Jennifer Smith	Tel: 07860 372 530
	4.30pm - 5.45pm	<b>AVAILABLE FOR HIRE</b>	
	6.15pm - 8.15pm	<b>TIGER FIGHT ACADEMY</b> Syed Hussain	Tel: 07713 565 395
<b>TUESDAY</b>	9.15am - 10.15am	<b>MAT PILATES</b> Yasemin Ozay	Tel: 07796 028 051
	10.45am - 12.45pm	<b>STROKE CLUB</b> Pam King	Tel: 01923 661555
	1.30pm - 2.30pm	<b>MS SOCIETY YOGA</b> Mary Coyne	Tel: 07508 601 066
	3.00pm - 6.00pm	<b>AVAILABLE FOR HIRE</b>	
	7.00pm - 8.00pm	<b>SW DANCE ACADEMY</b> Suzie Wallington	Tel: 07771 801 557
	8.30pm - 9.30pm	<b>MAT PILATES</b> Yasemin Ozay	Tel: 07796 028 051
<b>WEDNESDAY</b>	9.45am - 12.15pm	<b>LITTLE SUNBEAMS</b> (Children's music classes) Laura Dannan	Tel: 07956 385222
	1.15pm - 2.15pm	<b>MOONBEAMS BABY MASSAGE</b> Mandy Janes	Tel: 07939 214 191
	7.30pm - 9.30pm (1 <sup>st</sup> , 3 <sup>rd</sup> , 4 <sup>th</sup> week in month)	<b>ST. ALBANS ART SOCIETY</b> Stephanie Benbow	Tel: 07738 762 820
	6.30pm - 9.30pm (2 <sup>nd</sup> week in month)	<b>CITY WI</b> Sandra Pidoux	Tel: 07814 681 137
	<b>THURSDAY</b>	9.30am - 1.30pm (Fortnightly)	<b>ABIGAIL HARRIS SINGING LESSONS</b> Abigail Harris
9.30am - 1.30pm (Fortnightly)		<b>AVAILABLE FOR HIRE</b>	
2.00pm - 5.30pm		<b>AVAILABLE FOR HIRE</b>	
6.00pm - 7.00pm		<b>RAINBOWS</b> Emma Watson	24thstalbansrainbows@gmail.com
8.00pm - 9.30pm		<b>FEELGOOD FACTOR ACTING CLASS</b> Catherine Lomax	Tel: 07811 343 189