

Marshalswick Community Centre

Activities and regular hirers

Stefanie Hayes Tel: 07563 388 528
centres@sandridge-pc.gov.uk



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
4.30pm - 5.45pm	AVAILABLE FOR HIRE	
6.15pm - 7.15pm	TIGER FIGHT ACADEMY Syed Hussain	Tel: 07713 565 395
7.30pm - 9.30pm	CARPET BOWLS Les Fielding	Tel: 01727 831586

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 - 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 - 6.00pm	AVAILABLE FOR HIRE	
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 - 10.30am 11.00am - 12.30pm	PILATES Karen Jones	Tel: 07957 355 332
1.00pm - 2.00pm	DENIZ NEWFIELD HYPNOTHERAPY Deniz Newfield	Tel: 07828 953 089
2.30pm - 5.30pm	AVAILABLE FOR HIRE	
6.00pm - 7.00pm	RAINBOWS Emma Watson	24thstalbansrainbows@gmail.com
8.00pm - 9.30pm	FEELGOOD FACTOR ACTING CLASS Catherine Lomax	Tel: 07811 343 189