Marshalswick Community Centre

Activities and regular hirers

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

MONDAY	10.00am - 11.00am	**STRETCH & STABILISE** Daniel Kraft	Tel: 07536 181 250
	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
TUESDAY	9.15am - 10.15am	**MAT PILATES** Yasemin Ozay	Tel: 07796 028 051
	10.45am - 12.45pm	**STROKE CLUB** Kathy Rose	Tel: 07710 214 053
	1.30pm - 2.30pm	**MS SOCIETY YOGA** Mary Coyne	Tel: 07508 601 066
	3.00pm - 4.00pm	**AVAILABLE FOR HIRE**	
	5.00pm - 8.00pm	**SW DANCE ACADEMY** Suzie Wallington	Tel: 07771 801 557
	8.30pm - 9.30pm	**MAT PILATES** Yasemin Ozay	Tel: 07796 028 051
WEDNESDAY	10.00am - 11.15pm	**LITTLE SUNBEAMS** (Children's music classes) Laura Dannan	Tel: 07956 385222
	11.45am - 3.00pm	**AVAILABLE FOR HIRE**	
	7.30pm - 9.30pm (1st, 3rd, 4th week in month)	**ST. ALBANS ART SOCIETY** Stephanie Benbow	Tel: 07738 762 820
	6.30pm - 9.30pm (2nd week in month)	**CITY WI** Sandra Pidoux	Tel: 07814 681 137
THURSDAY	9.30am - 1.30pm (Fortnightly)	**ABIGAIL HARRIS SINGING LESSONS** Abigail Harris	info@ahsinging.com
	Morning - 1.30pm (Fortnightly)	**AVAILABLE FOR HIRE**	
	2.00pm - 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