

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	AVAILABLE FOR HIRE	
	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 (Starts January 2025)	ROUND 1 BOXING ACADEMY (Children) George Dunks	Tel: 07590 847 795
	7.00pm - 8.00pm (Starts January 2025)	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 - 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	24thstalbarsrainbows@gmail.com
	8.00pm - 9.30pm	FEELGOOD FACTOR ACTING CLASS Catherine Lomax	Tel: 07811 343 189