



Clubs and Classes

DAY	TIME	CLASS
Monday	6.00pm - 7.30pm 7.00pm - 8.00pm 7.00pm - 8.00pm 7.30pm - 8.30pm	Beavers Ilaz Tap Class Pilates Tap Dance
Tuesday	9.15am - 10.15am 7.20pm - 8.20pm 7.30pm - 9.15pm	Pilates Boxercise Sea Scouts
Wednesday	9.30am - 10.30am 5.45pm - 7.15pm 7.30pm - 9.30pm 7.45pm - 8.45pm	Slimming World Rosemary Conley Diet & Fitness Sea Scouts Martial Arts
Thursday	6.00pm - 7.00pm 6.30pm - 7.30pm 6.30pm - 8.30pm 7.00pm - 8.00pm 8.15pm - 9.15pm 8.30pm - 10.30pm	R & B School of Dance Weightwatchers Cub Scouts Aerobics Pilates Samba Band
Friday	1.00pm - 5.00pm 6.00pm - 8.00pm 6.00pm - 7.00pm 7.15pm - 8.15pm 8.00pm - 10.30pm	Bridge Club Childrens Judo Jenny Pendrill School of Dance Colchester Harriers Aikido
Saturday	9.30am - 11.00am 10.00am - 11.30am	Rosemary Conley Diet & Fitness Starz Performing Arts
Sunday		

Please ask at Reception for further details of above classes or contact:

Akido	Eric	01376 515892
Arena Budo Club (Judo, Akido)	Les	01473 710188
Colchester Harriers	Lance Williams	01206 271713
Friday Bridge	Mrs Fryer-Kelsey	01206 735733
Jenny Pendrill School of Dance	Jenny Pendrill	07768902394
Ilaz School of Dance	Zoe	07507640870
Martial Arts	Mario	07756969781
Pilates/ Boxercise:	Sam Head	01206 575416
R & B School of Dance	Richard	07837449460
Rosemary Conley	Julie	01206 548049
Samba	Katherine Clements	01206 382435 / 07939203404
Scouts	Mary Francis	01206 330286
Slimming World	Lesley Waller	07979506670
Weight Watchers	Beverley	01206 230842 / 07919087173