

North Mymms Memorial Hall

List of regular Lessons.

For details please contact the person named directly

Monday

Fitness Pilates

10.00—11.00 am Mary Davis 07885 093424.

Private Dance Lessons

6.00 – 7.00 pm Angela Bluffield 07773 341490 www.angiesdanceacademy.co.uk

Steppin' Time line Dancing

7.30- 10.15 pm Margaret Hall 01707 655866

Tuesday

Pilates

9.30 – 10.30 am Debbie Thurgood 07717 841338 www.vivepilatesyoga.co.uk

Welham Green Old Time Dance

7.30 – 10.00 pm Eddy Ragg 01707 260984

Wednesday

Pilates

9.30 – 10.30 am Debbie Thurgood 07717 841338 www.vivepilatesyoga.co.uk

Pilates

6.30 – 7.30 pm Debbie Thurgood 07717 841338 www.vivepilatesyoga.co.uk

Helen's Social Dance

7.30 – 10.00 pm Helen Tucker 07811 889003

Thursday

Steppin' Time Line Dancing

9.45 – 11.45 am Margaret Hall 01707 655866

Private Dance Lessons

6.00 – 10.00 pm Angela Bluffield 07773 341490 www.angiesdanceacademy.co.uk

Friday

Zumba 9.30 – 10.30 am

Judy Martell 07786 930609

Nick's Dance School

Private dance lesson 5.15 – 8.00pm

Open Social Dance 8.00 —10.00pm Terri Bodell 0208 133 9142