

REGULAR HIRERS AT KINGSBURY COMMUNITY CENTRE

DAY	TIME	ACTIVITY	CONTACT
MONDAY	10am - 11am	Pilates mat work & small equipment classes	Sharon Woods Tel: 07714793928 Email: sharonwoods10@gamil.com
	6.30pm – 7.30pm	Zumba (starting 31 st July)	Katie Stone Tel: 07805518665 email: katiemina@talktalk.net
TUESDAY	9.30am - 10.30am	Insanity Exercise Class	Lyndsay Sherwin. Tel 01460 351373 Email: lynds32@gmail.com
	10.30am – 11.30am	PIYO (from 5 th September)	
	4.45pm - 5.30pm	Under 8's Ballroom & Latin	Korina Travis Tel: 07786 243160 Email: korinajaytravis@hotmail.co.uk
	5.45pm - 6.30pm	Under 14's Ballroom & Latin	
	6.45pm - 7.30pm	Under 18's Ballroom & Latin	
	7.30pm – 8.15pm	Adult Latin in Line (no partner)	
	8.15pm – 9pm	Adult Beginners (partner)	
WEDNESDAY	10am - 12noon	K.E. Baby & Toddler Group	Term time only Clare Hext tel: 01935 826445 clarehext@hotmail.co.uk
THURSDAY	9.10am - 10am	High Intensity Interval Training	Term time only Lisa Rock tel: 01460 242164 Email: lisarock70@gmail.com
	10am - 10.45am	Aerobics	
	10.45 - 11.30am	Beginners Pilates	
	6pm - close	Reserved for ad hoc bookings	
FRIDAY	9.15am - 10am	Legs, Bums & Tums	Amanda Cleminson tel: 07515527623 email: mandclem@outlook.com
	5pm – 6pm	PIYO (from 8 th September)	Lyndsay Sherwin Tel 01460 351373 Email: lynds32@gmail.com
	6pm - 7pm	Insanity Exercise Class	
	7pm - close	Reserved for ad hoc bookings	
SATURDAY	Reserved for ad hoc bookings		
SUNDAY	Reserved for ad hoc bookings		
	6pm - 9pm Every first Sunday	Contemporary Worship	Simon Taylor tel: 01935 829355 email: simonpeter.taylor@icloud.com
Bookings: Kev & Sarah tel: 01460 419702 : 07917781767 : 07751702180 email: info@kingsburycommunitycentre.co.uk			
www.kingsburycommunitycentre.co.uk			