

**REGULAR HIRERS AT KINGSBURY COMMUNITY CENTRE
(Winter/Spring 2018) - WEEK DAYS**

DAY	TIME	ACTIVITY	CONTACT
MONDAY	10am - 11am	Pilates, matwork & small equipment classes	Sharon Woods Tel: 07714793928 Email: sharonwoods10@gamil.com
	6.30pm - 7.30pm	Zumba	Katie Stone Tel: 07805518665 Email: katiemina@talktalk.net
	7.30pm - 9.30pm	Strictly Jive	Roy Warry Tel: 07811018284 Roywarry42@gmail.com
TUESDAY	9.30am - 10.30am	Insanity Exercise Class	Lyndsay Sherwin. Tel 01460 351373 Email: lynds32@gmail.com
	11.15am - 12.45pm	Yoga	Ursula Dunne. Tel 01458 850416 email: ursulad19@gamil.com
	5.30pm – 8pm	Kickboxing	Robert Parkinson Tel: 07399849458 email: robdizzy@hotmail.co.uk
WEDNESDAY	10am - 12noon	Kingsbury Episcopi Baby and Toddler Group	Ngar Whiteford Tel: 01460 241235
	1pm – 2pm	FIT Mamas (Mother & Baby Fitness)	Amie Morgan tel: 07803442956 email: amie.peach@gmail.com
THURSDAY	9.30am – 10.30am	Pilates	Lisa Rock tel: 01460 242164 Email: lisarock70@gmail.com
	6.30pm - 9pm every 2nd & 4th Thursday	Stitch Witches	Susan Irvine tel: 01935 824505 Email: magicmolarirvine@aol.com
	7pm every first Thursday	Kingsbury Film Night	Mark & Michelle Wyatt tel: 01935 823298
FRIDAY	5pm – 6pm	PIYO	Lyndsay Sherwin Tel 01460 351373 Email: lynds32@gmail.com
	6pm -7pm	Insanity Exercise Class	
	7pm - close	Reserved for ad hoc bookings	

Bookings: Kev & Sarah Cox

tel: 01460 419702 : 07917781767 : 07751702180



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SATURDAY	9am - 11am Every first Saturday <i>(September to April)</i>	Community Breakfast	Pauline Warren
	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

**Kingsbury Episcopi Football Club - for fixtures & more information
contact: Darren Hinton tel: 07557148723**

**Kingsbury Episcopi Ladies Netball Club (Tuesday evenings, 7pm - 8pm)
Contact Abby tel: 07714882392**

To Hire the Multi Use Games Area contact: Sarah tel: 07751702180

**email: info@kingsburycommunitycentre.co.uk
www.kingsburycommunitycentre.co.uk**

