

**REGULAR HIRERS AT KINGSBURY COMMUNITY CENTRE
(Spring/Summer 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	Junior Hockey Training - MUGA	Edgar Herridge edgarherridge@yahoo.co.uk
	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	Interval Training Fitness Class	Lyndsay Sherwin. Tel 01460 351373 Email: lynds32@gmail.com
	11.15am - 12.45pm	Yoga	Ursula Dunne. Tel 01458 850416 email: ursulad19@gamil.com
	7pm – 8pm	CISE: STREET DANCE FIT (from 5 th June)	Lyndsay Sherwin. Tel 01460 351373 Email: lynds32@gmail.com
	7pm – 8pm	Ladies Netball MUGA	Sarah Cox tel: 07751702180 Email: coxysr@yahoo.co.uk
WEDNESDAY	10am - 12noon	Kingsbury Episcopi Baby and Toddler Group	Ngar Whiteford Tel: 01460 241235
	7.30pm – 8.30pm	Tai Chi	Chris Willoughby, tel: 01460 242498 07889932852 Email: chris@willoughby.uk.net
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	Interval Training Fitness Class	
	7pm - close	Reserved for ad hoc bookings	

**Bookings: Kev & Sarah Cox
tel: 01460 419702 : 07917781767 : 07751702180**



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SATURDAY	Reserved for ad hoc bookings
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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	

