

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

DAY	TIME	ACTIVITY	CONTACT
<b>MONDAY</b>	10am - 11am	<b>Pilates, matwork &amp; small equipment classes</b>	Sharon Woods Tel: 07714793928 Email: sharonwoods10@gamil.com
	6.30pm – 7.30pm	<b>Junior Hockey Training - MUGA</b>	Edgar Herridge edgarherridge@yahoo.co.uk
	6.30pm - 7.30pm	<b>Zumba</b>	Katie Stone Tel: 07805518665 Email: katiemina@talktalk.net
<b>TUESDAY</b>	9.30am - 10.30am	<b>Interval Training Fitness Class (Insanity)</b>	Naomi Maynard Tel: 01935 827766 07738590641 email: naomi_maynard@hotmail.com
	11.15am - 12.45pm	<b>Yoga</b>	Ursula Dunne. Tel 01458 850416 email: ursulad19@gamil.com
	6.30pm – 7.30pm	<b>Pilates with Belle</b>	Belle Palmer Tel: 07593 299284 bellepalmer9@hotmail.com
	7pm – 8pm	<b>Ladies Netball MUGA</b>	Abby tel: 07714882392 Email: aby14@hotmail.co.uk
	6pm – 7.15pm (starts 6 <sup>th</sup> March)	<b>Yoga</b>	Madeleine Scott 07761 095340 madeleinelouisescott@icloud.com
<b>WEDNESDAY</b>	7.30pm – 8.30pm	<b>Tai Chi</b>	Chris Willoughby, tel: 01460 242498 07889932852 Email: chris@willoughby.uk.net
<b>THURSDAY</b>	9.30am – 10.30am	<b>Pilates</b>	Lisa Rock tel: 01460 242164 Email: lisarock70@gmail.com
	6.30pm - 9pm every 2nd & 4th Thursday	<b>Stitch Witches</b>	Susan Irvine tel: 01935 824505 Email: magicmolarirvine@aol.com
	7pm every first Thursday	<b>Kingsbury Film Night</b>	Mark & Michelle Wyatt tel: 01935 823298
<b>FRIDAY</b>	10am - 12noon	<b>Kingsbury Episcopi Baby and Toddler Group</b>	Ngar Whiteford Tel: 01460 241235
	6pm – 7pm	<b>Interval Training Fitness Class (Insanity)</b>	Naomi Maynard Tel: 01935 827766 07738590641 email: naomi_maynard@hotmail.com

**Bookings: Kev & Sarah Cox tel: 01460 419702 : 07917781767 : 07751702180 email: info@kingsburycommunitycentre.co.uk**



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<b>SATURDAY</b>	<b>Community Breakfast every 1<sup>st</sup> Saturday, September to April, 9.30am – 11.30am</b>
	Reserved for occasional bookings
<b>SUNDAY</b>	Reserved for occasional bookings

**Bookings: Kev & Sarah tel: 01460 419702 : 07917781767 : 07751702180  
email: [info@kingsburycommunitycentre.co.uk](mailto:info@kingsburycommunitycentre.co.uk)**

**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](mailto:info@kingsburycommunitycentre.co.uk)**

**Website: [www.kingsburycommunitycentre.co.uk](http://www.kingsburycommunitycentre.co.uk)  
email: [info@kingsburycommunitycentre.co.uk](mailto:info@kingsburycommunitycentre.co.uk)**

