

Regular Classes & Activities at Northall Village Hall

| Day | Time | Activity | Contact Name | Contact Details |
|-----------|--|---|------------------------------|---|
| Monday | 14:00 – 16:00 | Keep Fit - Movement & Dance | Jan Rance | 01442 864 271 jan.rance01@gmail.com |
| | 17:30 – 19:15 | Spin/Indoor Cycling to Video | Mel Harvey Lesley Gearing | 07864 680 898 melanie.harvey@thecomp.net |
| | | | | 07770 798 527 lesley.gearing@btinternet.com |
| Tuesday | 07:45 – 09:15 | Spin/Indoor Cycling to Video | Mel Harvey Lesley Gearing | As Monday |
| | 17:30 – 19:15 | Spin/Indoor Cycling to Video | Mel Harvey Lesley Gearing | As Monday |
| | 20:00 – 22:00 | Dancing Classes | Loraine O'Dell | 01525 221 498 johnboy.odell@gmail.com |
| Wednesday | 10:00 – 15:00 | Northall & District Age Concern Wednesday Club | Anna Cornwall | 07854 230 243 annacornwall@hotmail.co.uk |
| Thursday | 09:00 – 10:45 | Spin/Indoor Cycling to Video | Mel Harvey Lesley Gearing | As Monday |
| | 17:30 – 19:15 | Spin/Indoor Cycling to Video | Mel Harvey Lesley Gearing | As Monday |
| Friday | 10:00 – 11:30 | Little Luvvies Baby Ballet | Emma Whittemore | 07958 084390 emma@emmawhittemore.co.uk |
| | 14:00 – 16:00 | Dancing Classes | Loraine O'Dell | 01525 221 498 johnboy.odell@gmail.com hn.odell@tesco.net |
| Saturday | Reserved for Children's & Family Parties etc | | | |
| Sunday | Reserved for Children's & Family Parties etc | | | |

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| Saturday Quarterly 23 rd Oct 2021 22 nd Jan 2022 30 th Apr 2022 9 th July 2022 22 nd Oct 2022 | 08:00 – 10:00 | Four Villages Men's Breakfast Club | Chris Banks | 01525 221 556 chrisbanks@aol.com |
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