

Regular Classes & Activities at Northall Village Hall

As of December 2022

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	Dalene Greenfield	07854 230 243 dalengreenfield@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
Saturday	Reserved for Children's & Family Parties etc			
Sunday	Reserved for Children's & Family Parties etc			