

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.rance@gmail.com
	17:30 – 19:15	Spin/Indoor Cycling to Video	Mel Harvey Lesley Gearing	07864 680 898 melanie.harvey@thecompany.net
				07770 798 527 lesley.gearing@btinternet.com
Tuesday	07:45 – 09:15	Spin/Indoor Cycling to Video	Mel Harvey Lesley Gearing	As Monday
	09:30 – 10:30	Pilates	Andrea Hall	07855 138 005 andrea@naturalpilates.co.uk
	17:30 – 19:15	Spin/Indoor Cycling to Video	Mel Harvey Lesley Gearing	As Monday
	20:00 – 22:00	Dancing Classes	Lorraine O'Dell	01525 221 498 john.odell@tesco.net
Wednesday	10:00 – 15:00	Northall & District Age Concern Wednesday Club	Anna Cornwall	07854 230 243 vtrant@tiscali.co.uk
	19:00 – 20:45	Pilates	Lisa Beckwith	07832 230 774 lisabeckwithpilates@gmail.com
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 littleluvvies@emmawhittemore.co.uk
	12:00 – 13:00	Pilates	Andrea Hall	07855 138 005 andrea@naturalpilates.co.uk
	14:00 – 16:00	Dancing Classes	Lorraine O'Dell	01525 221 498 john.odell@tesco.net
Saturday	08:00 – 09:30	Spin/Indoor Cycling to Video	Mel Harvey Lesley Gearing	As Monday
Remainder of Saturday	Reserved for Children's & Family Parties etc			
Sunday	Reserved for Children's & Family Parties etc			
Saturday Quarterly	08:00 – 10:00	Four Villages Men's Breakfast Club	Peter Bennett	01525 221 284 pgbmailbox@gmail.com