

WEEKLY CLASSES AT SOUTH HYKEHAM VILLAGE HALL-BOUNDARY LANE

MONDAY

YOGA – MINDFUL MOVEMENT	9.15 – 10.15 AM
KEEP FIT CLASS	11.15 - 12.15 AM
ZUMBA CLASS	5.45 – 7.00 PM
YOGA – STRENGTH & STABILITY	7.15 - 8.15 PM

TUESDAY

KEEP FIT – ORTHOPEDIC	10.00 – 11.00 AM
NORTH HYKEHAM ART GROUP	2.00 - 4.00 PM

WEDNESDAY

MOVE 'N GROOVE DANCE FITNESS	10.30 – 11.30 AM
UKULELE CLASS - FOR ALL LEVELS	11.30 - 12.45 PM

THURSDAY

KEEP FIT CLASS	10.00 – 11.00 AM
DANCE CLASS CHILDREN	4.30 – 6.30 PM
BALLROOM DANCE CLASS	7.30 – 9.30 PM

FRIDAY

YOGA – MINDFUL MOVEMENT	9.15 – 10.15 AM
MOVE 'N GROOVE DANCE FITNESS	10.30 – 11.30 AM
YOGA CLASS -WELCOME BEGINNERS	11.30 - 12.45 PM
NEEDLE WORK GROUP	1.00 – 4.00 PM

SATURDAYS & SUNDAYS - 2 CRAFT CLASSES 2ND & 4TH SATURDAY OF EACH MONTH. DOG TRAINING – SATURDAYS & SUNDAYS.

FOR FURTHER INFORMATION ON ANY OF THE ABOVE PLEASE CONTACT - **DI - 01522 698481**