

**HELLEDON PARISH COUNCIL COMMUNITY CENTRE
REGULAR ACTIVITY LIST**

| Event | Day | Time | Contact | Tele | E-mail |
|-------------------------------------|---------------------------------------|------------------------------------|-------------------|-----------------------------|--|
| Fitness Yoga & Pilates | Mondays | 10.00am – 11.00am | Helen | 07730193934 | info@helensfitness.co.uk |
| Short Mat Bowls | Mondays | 10.00am – 12.00noon | Michael | 01603 958490 | michael.pitch@talktalk.net |
| Zumba / Pilates | Mondays | 12.00noon – 1.45pm | Teri | 07840577467 | teresajmoss@btinternet.com |
| Hellesdon Trefoil Guild | 1 st Monday of Month | 2.0pm – 4.00pm | Jenny | 07891230964 01603 429357 | jenny_baker50@yahoo.co.uk |
| Hellesdon Horticultural Association | 3 rd Monday of Month | 7.00pm – 10.00pm | Sandy | 01603 409037 | |
| PHAB Club | Mondays | 6.00pm – 9.00pm | Martin | 01603 404558 | anneandmartinfuller@gmail.com |
| Tuesday Tots | Tuesdays | 9.15am – 11.15am Term time only | Hayley / Sonia | 07708484841 07796923675 | hayleycoote@hotmail.com |
| Ballroom & Sequence Dancing | Tuesdays | 1.30pm – 4.00pm | Pam | 07786445605 | pambarnardtma@gmail.com |
| ATP Fitness Yoga | Tuesdays | 9.00am – 10.00am | Matt | 07824995689 | info@healthandfitness.uk.com |
| ATP Fitness Keep Fit over 50's | Tuesdays | 10.30am – 11.30am | Matt | 07824995689 | info@healthandfitness.uk.com |
| Slimming World | Tuesdays | 4.30pm – 7.30pm | Emma | 07775151911 | emmavaughan21@hotmail.co.uk |
| Pilates | Tuesdays | 6.30pm – 7.30pm | Laura | 07771780444 | newburyl@hotmail.co.uk |
| Line Dancing | Wednesdays | 9.45am – 12.15pm | Karen | 07584938392 | evergreenlinedance@gmail.com |
| Norwich Keyboard Lounge | 1 st Wednesday of Month | 7.30pm – 10.00pm | Pam | 07786445605 | norwichkeyboards@gmail.com |
| Slimming World | Wednesdays | 8.45 – 11.45am | Rachael | 07824819424 | rachaelsmith77@googlemail.com |
| Women's Institute | 2 nd Wednesday of Month | 1.00pm – 3.00pm | Jackie | 01603 419389 | john@sanders503.plus.com |

Continued over

| | | | | | |
|--|-----------------------------------|-----------------------------------|---------------|--------------|--|
| United School of Dance | Wednesdays | 3.45pm – 8.45pm Term time only | Sandy | 07979982222 | sandyusd@ntlworld.com |
| Art Group | Thursdays | 10.00am – 12.00noon | Freda | 01603 426529 | freda1@ntlworld.com |
| ATP Fitness Keep Fit over 50's | Thursdays | 11.45am – 12.45pm | Matt | 07824995689 | info@healthandfitness.uk.com |
| Baby & Postnatal Yoga | Thursdays | 1.00pm – 2.00pm Term time only | Amber | 07307849476 | hello@yogawithamber.co.uk |
| Adventurous Baby & Postnatal Yoga | Thursdays | 2.15pm – 3.00pm Term time only | Amber | 07307849476 | hello@yogawithamber.co.uk |
| Zumba Fitness | Thursdays | 5.00pm – 6.00pm | Niobe | 07585973075 | niobe.amoros@gmail.com |
| ATP Fitness "Empowher" | Thursdays | 6.30pm – 7.30pm | Matt | 07824995689 | info@healthandfitness.uk.com |
| Bingo | Thursdays | 6.30pm – 9.30pm | Linda | 01603 405413 | farrugia13@hotmail.co.uk |
| Hellesdon Cribbage Club | Thursdays | 8.00pm – 10.00pm | Steve | 07876298321 | downness999@hotmail.com |
| Pilates | Fridays | 9.30am - 10.30am | Laura | 07771780444 | newburyl@hotmail.co.uk |
| ATP Fitness Keep Fit over 50's | Fridays | 10.00am – 11.00am | Matt | 07824995689 | info@healthandfitness.uk.com |
| Qigong for Health | Fridays | 11.00am – 12.00noon | Laura | 07771780444 | newburyl@hotmail.co.uk |
| Hellesdon Community Choir | Fridays | 6.30pm – 9.00pm | Beryl | 01603 486188 | bk795@hotmail.co.uk |
| Friday Friends Social | 3 rd Friday of Month | 1.00pm – 3.00pm | Parish Office | 01603 301751 | contact@hellesdon-pc.gov.uk |
| ATP Fitness Yoga | Saturdays | 9.30am – 10.30am | Matt | 07824995689 | info@healthandfitness.uk.com |
| Creative Textile Group 8 – 16 year olds | 2 nd Saturday of Month | 10.00am – 2.00pm | Gwyneth | 01603 416278 | ghlorenzen@hotmail.com |
| Hellesdon Bowls Club | Various | Seasonal | Mark | 07817305006 | makelija@gmail.com |
| Community Café | Tues, Weds, Thurs, Fri | 9.00am – 2.00pm | Parish Office | 01603 301751 | contact@hellesdon-pc.gov.uk |