

**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
Mama & Babe Zumba	Thursdays	4,00pm – 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
Moo Music Sensory Movement to Music	Fridays	9.00am – 10.00am	Jo	07816334410	moomusicnorwich@gmail.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	
ATP Fitness Yoga	Saturdays	9.30am – 10.30am	Matt	07824995689	info@healthandfitness.uk.com
Norwich Country Music Club (Mustangs)	Saturdays Monthly	7.00pm – 10.00pm	Mike	07771857112	mike@mikedelph.co.uk
Hellesdon Bowls Club	Various	Seasonal	Mark	07817305006	makelija@gmail.com
Community Café	Tues, Weds, Thurs, Fri	9.00am – 2.00pm	Parish Office	01603 301751	