

CLASSES AND CLUBS HELD IN WELLS TOWN HALL

PLEASE CONTACT THE INSTRUCTOR FOR CLASS INFORMATION SUCH AS TIMETABLES,
AVAILABILITY AND ABILITY LEVELS, PRIOR TO ATTENDING A CLASS

Monday

- 09.30 - 10.30 Zumba Gold with Carole-Anne Turner - Westwood Room - 01278 722292 or 07484 216900
- 10.00 - 11.30 Yoga with Julia Cowlshaw (All levels welcome) - Parkes Room - 07816 202114
- 16.15 - 17.00 Junior Crew 5-8 years. Street/Cheer/Contemporary - Bekki Oats 07760 393120
- 17.15 - 18.00 Boys Crew (Intermediate) Street/Break/Freestyle - Bekki Oats 07760 393120
- 18.15 - 19.15 Elite Team (Teens) Street/Cheer/Contemporary - Bekki Oats 07760 393120
- 19.30 - 20.30 Adult Street/Commercial Dance (Intermediate) (18yrs+) - Bekki Oats 07760 393120
- 20.30 - 21.30 Basic Ballroom Dancing - Paul Parsons - Main Hall - 01963 350687/07805 571590

Tuesday

- 09.15 - 10.15 Pilates with Sally Frampton - Westwood Room - zest2zen@gmail.com
- 09.30 - 10.30 Mixed Ability Yoga with Berit Lindholm - Parkes Room - 07973 900273
- 09.45 - 10.45 Seasonal Yoga with Anna Sheard (All levels) - Marshman Room - 07714 267546
- 10.00 - 11.00 Age UK Movement to Music with Chris Burt - Main Hall - 01823 345624
- 10.30 - 11.30 Seated Pilates for Active Seniors with Sally Frampton - Westwood Room - zest2zen@gmail.com
- 10.45 - 11.45 Mixed Ability Yoga with Berit Lindholm - Parkes Room - 07973 900273
- 11.00 - 12.30 Postnatal 'Yoga for Mummy & Me' with Anna Sheard - Marshman Room - 07714 267546
- 13.30 - 14.30 Age UK Fitness - Stay strong, Stay steady with Jill Hampson - Parkes Room - 07526 534889
- 14.30 - 15.30 Age UK Fitness - Stay strong, Stay steady with Jill Hampson - Parkes Room - 07526 534889
- 14.15 - 20.30 Tap and Dance classes with Sandra Davey - Main Hall - 08454 744700
- 14.15 - 21.00 Ballet with Andrea (Wells Ballet School) - Westwood Room - 01749 670818 or 07727 672596
- 18.00 - 19.15 Seasonal Yoga with Anna Sheard (All levels welcome) - Marshman Room - 07714 267546
- 18.00 - 19.00 Gentle Yoga with Berit Lindholm - Council Chamber - 07973 900273
- 18.00 - 20.00 Yoga with Maria - Parkes Room 07972 073576
- 19.05 - 20.05 Gentle Yoga with Berit Lindholm - Council Chamber - 07973 900273
- 19.30 - 20.45 Prenatal Yoga with Anna Sheard (From 14 weeks gestation) - Marshman Room - 07714267546

Wednesday

- 09.00 - 12.30 Cardiac Rehab - Main Hall
- 09.30 - 10.00 Music with Mummy (18 months +) with Laura May - Council Chamber - 07557 374806
- 10.15 - 10.45 Moving On (1-2 years) with Laura May - Council Chamber - 07557 374806
- 11.00 - 11.30 Jolly Babies (0-1 year) with Laura May - Council Chamber - 07557 374806
- 15.30 - 21.30 Tap and Dance classes with Sandra Davey - Main Hall - 08454 744700
- 17.00 - 17.50 Barre with Sally Frampton - Westwood Room - zest2zen@gmail.com
- 18.00 - 19.00 Pilates with Sally Frampton - Westwood Room - zest2zen@gmail.com
- 18.15 - 19.30 Prenatal Yoga with Anna Sheard (From 14 weeks gestation) - Marshman Room - 07714 267546
- 19.00 - 21.00 (3rd Weds of each month) Women's Yoga Circle www.naturalmysticbhajans.co.uk
- 19.45 - 21.00 Seasonal Yoga with Anna Sheard (All levels welcome) - Marshman Room - 07714 267546

Thursday

- 09.00 - 10.00 Seasonal Yoga with Anna Sheard (All levels welcome) - Marshman Room - 07714 267546
- 09.15 - 10.15 Pilates with Sally Frampton - Westwood Room - zest2zen@gmail.com
- 09.30 - 10.00 Music with Mummy (18 months +) with Laura May - Council Chamber - 07557 374806
- 10.00 - 11.00 Pilates classes with Jo Webb - Parkes Room - 07730 397396

- 10.15 - 10.45 Moving on (1-2 years) with Laura May - Council Chamber - 07557 374806
- 10.15 - 11.45 Post-natal 'Yoga for Mummy & Me' with Anna Sheard - Marshman Room - 07714 267546
- 10.30 - 11.15 Barre (Standing) with Sally Frampton - Westwood Room - zest2zen@gmail.com
- 11.00 - 11.30 Moving On (1-2 years) with Laura May - Council Chamber - 07557 374806
- 11.45 - 12.15 Jolly Babies (0-1 year) with Laura May - Council Chamber - 07557 374806
- 13.30 - 14.00 Music with Mummy (18 months +) with Laura May - Council Chamber - 07557 374806
- 15.30 - 19.30 Tap and Dance classes with Sandra Davey – Marshman Room - 08454 744700
- 16.15 - 17.00 Junior Squad 5-8 years. Street/Cheer/Contemporary - Bekki Oats 07760 393120
- 16.30 - 18.50 Yoga (Mixed Ability) with Berit Lindholm - Parkes Room - 07973 900273
- 17.15 - 18.00 B-Boys Street/Break/Freestyle (5yrs+/ beginner) - Bekki Oats 07760 393120
- 17:50 - 18.50 Yoga (Mixed Ability) with Berit Lindholm - Parkes Room - 07973 900273
- 19.00 - 20.00 Yoga (Mixed Ability) with Berit Lindholm - Parkes Room - 07973 900273

Friday

- 09.15 - 10.15 Pilates with Sally Frampton – Marshman Room - zest2zen@gmail.com
- 09.30 - 10.30 Zumba Gold with Carole-Anne Turner - Westwood Room - 01278 722292 or 07484 216900
- 10.00 - 11.00 Gentle Yoga with Berit Lindholm - Parkes Room - 07973 900273
- 11.15 - 12.15 Yoga (Intermediate) with Berit Lindholm - Parkes Room - 07973 900273

Saturday

- 08.30 -15.30 Ballet Classes with Zoe Burton (Wells Ballet School) - Marshman Room or Westwood Room - 01749 670818 or 07727 672596

NB

- **Rooms may vary due to availability.**
- **Not all classes run during school holidays. Please check with the Instructor.**