

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

(Please take advice from your instructor on any current government Covid-19 guidelines)

Monday

- 09.30 - 10.30 Zumba Gold with Carole-Anne Turner - Old Court Room - 01278 722292 or 07484 216900
- 10.00 - 11.30 Yoga with Julia Cowlshaw (All levels of experience welcome) – Parkes Room
- 11.00 - 12.00 Zumba Gold with Carole-Anne Turner - Old Court Room - 01278 722292 or 07484 216900
- 15.30 - 21.00 Ballet with Zoe Burton - Old Court Room - Contact 01749 670818/07727 672596
- 15.30 - 19.30 Tap and Dance classes with Sandra Davey – Indictment Room – Contact 08454 744700
- 18:00 - 19:00 Yoga (Intermediate) with Paul Benedict – Parkes Room – Contact 07866 265828
- 19:05 - 20:05 Yoga (Mixed Ability) with Paul Benedict – Parkes Room – Contact 07866 265828
- 19:00 - 20:30 Dance Classes with Paul Parsons – Main Hall – Contact 01963 350687 or 07805 571590
- 20:30 - 21:30 Basic Ballroom Dancing, Paul Parsons – Main Hall – Contact 01963 350687/07805 571590

Tuesday

- 09.15 - 10.15 Pilates with Sally Frampton - Old Court Room - Contact 07946 310877
- 09:30 - 10:30 Gentle Yoga with Berit Lindholm - Parkes Room - Contact 07973 900273
- 09.45 - 10.45 Seasonal Yoga with Anna Sheard (All levels of experience welcome) - Indictment Room - Contact 07714 267546
- 10.00 - 11.00 Age UK Extend movement to Music with Chris Burt - Main Hall Contact 01823 345624
- 10.30 - 11.30 Seated Pilates for Older Adults with Sally Frampton - Old Court Room - Contact 07946 310877
- 10:45 - 11:45 Mixed Ability Yoga with Berit Lindholm - Parkes Room - Contact 07973 900273
- 11:00 - 12:30 Postnatal 'Yoga for Mummy & Me' with Anna Sheard (Join us following your postnatal check) - Indictment Room - Contact 07714 267546
- 13.30 - 14.30 Age UK Tai Chi with Terry Wood – Old Court Room – Contact 01823 345624
- 14.15 - 20.30 Tap and Dance classes with Sandra Davey – Main Hall – Contact 08454 744700
- 15.30 - 21.00 Ballet with Zoe Burton - Old Court Room - Contact 01749 670818/07727 672596
- 16:00 - 17:00 Yoga with Berit Lindholm - Parkes Room - Contact 07973 900273
- 18:00 - 19:15 Seasonal Yoga with Anna Sheard (All levels of experience welcome) - Indictment Room - Contact 07714 267546
- 19:30 - 20:45 Prenatal Yoga with Anna Sheard (Join us from 14 weeks gestation) - Indictment Room - Contact 07714267546

Wednesday

- 09:00 - 10:30 Gentle Yoga with Berit Lindholm - Parkes Room - Contact 07973 900273
- 10.00 - 11.00 Alive and Singing Community Choir with Eliza Wylie – Old Court Room – Contact 01749 871086
- 15.30 - 21.30 Tap and Dance classes with Sandra Davey – Main Hall – Contact 08454 744700
- 17:00 - 17:45 Barre Pilates with Sally Frampton - Old Court Room - Contact 07946 310877
- 18:00 - 19:00 Pilates with Sally Frampton - Old Court Room - Contact 07946 310877
- 18:00 - 19:00 Yoga (Intermediate) with Paul Benedict – Parkes Room – Contact 07866 265828
- 18:15 - 19:30 Prenatal Yoga with Anna Sheard (Join us from 14 weeks gestation) - Indictment Room - Contact 07714 267546
- 19:05 - 20:30 Yoga (Mixed Ability) with Paul Benedict – Parkes Room – Contact 07866 265828
- 19.45 - 21.00 Seasonal Yoga with Anna Sheard (All levels of experience welcome) - Indictment Room - Contact 07714 267546

Thursday

- 09.00 - 10:00 Seasonal Yoga with Anna Sheard (All levels of experience welcome) - Indictment Room - Contact 07714 267546

- 09.30 - 10.00 Jolly Babies (0-15 months) with Laura May - Council Chamber – Contact 07557 374806
- 09:15 - 10:15 Pilates with Sally Frampton - Old Court Room - Contact 07946 310877
- 10:00 - 11:00 and 11:10-12:10 Pilates classes with Jo Webb - Parkes Room - Contact 07730 397396
- 10.15 - 10.45 Music with Mummy (1-4 years) with Laura May - Council Chamber – Contact 07557 374806
- 10:15 - 11:45 Postnatal 'Yoga for Mummy & Me' with Anna Sheard (Join us following your postnatal check) - Indictment Room - Contact 07714 267546
- 10:30 - 11:15 Barre Pilates with Sally Frampton - Old Court Room - Contact 07946 310877
- 11.00 - 11.30 Music with Mummy (1-4 years) with Laura May - Council Chamber – Contact 07557 374806
- 11.45 - 12.15 Jolly Babies (0-15 months) with Laura May - Council Chamber – Contact 07557 374806
- 15.30 - 19.30 Tap and Dance classes with Sandra Davey – Indictment Room – Contact 08454 744700
- 15.30 - 21.00 Ballet classes with Zoe Burton - Old Court Room - Contact 01749 670818 or 07727 672596
- 16:30 - 18:50 Yoga (Mixed Ability) with Berit Lindholm - Parkes Room - Contact 07973 900273
- 17:50 - 18.50 Yoga (Mixed Ability) with Berit Lindholm - Parkes Room - Contact 07973 900273
- 19.00 - 20.00 Yoga (Mixed Ability) with Berit Lindholm - Parkes Room - Contact 07973 900273

Friday

- 10.00 - 10.45 Hop, Skip & Sing (Babies) with Eliza Wylie – Indictment Room – Contact 01749 871086
- 11.00 - 11.45 Hop, Skip & Sing (Toddlers) with Eliza Wylie – Indictment Room – Contact 01749 871086
- 09.30 - 10.30 Zumba Gold with Carole-Anne Turner - Old Court Room - 01278 722292 or 07484 216900
- 11:00 - 12:00 Gentle Yoga with Berit Lindholm - Parkes Room - Contact 07973 900273
- 12:05 - 13:05 Yoga (Mixed Ability) with Berit Lindholm - Parkes Room - Contact 07973 900273

Saturday

- 08.30 - 10.30 Morning Yoga with Paul Benedict – Parkes Room – Contact 07866 265828
- 08.30 -14.00 Ballet Classes with Zoe Burton - Indictment Room - Contact 01749 670818 or 07727 672596

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