

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 - Old Court Room - 01278 722292 or 07484 216900
- 10.00 - 11.30 Yoga with Julia Cowlshaw (All levels welcome) - Parkes Room - 07816 202114
- 20.30 - 21.30 Basic Ballroom Dancing - Paul Parsons - Main Hall - 01963 350687/07805 571590

Tuesday

- 09.15 - 10.15 Pilates with Sally Frampton - Old Court Room - 07946 310877
- 09.30 - 10.30 Gentle Yoga with Berit Lindholm - Parkes Room - 07973 900273
- 09.45 - 10.45 Seasonal Yoga with Anna Sheard (All levels) - Indictment Room - 07714 267546
- 10.00 - 11.00 Age UK Extend movement to Music with Chris Burt - Main Hall - 01823 345624
- 10.30 - 11.30 Seated Pilates for Active Seniors with Sally Frampton - Old Court Room - 07946 310877
- 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 - Indictment Room - 07714 267546
- 13.30 - 14.30 Age UK Tai Chi with Terry Wood - Old Court Room - 01823 345624
- 14.15 - 20.30 Tap and Dance classes with Sandra Davey - Main Hall - 08454 744700
- 15.30 - 21.00 Ballet with Zoe Burton - Old Court Room - 01749 670818 or 07727 672596
- 18.00 - 19.15 Seasonal Yoga with Anna Sheard (All levels welcome) - Indictment Room - 07714 267546
- 18.00 - 20.00 Maria - Yoga - Parkes Room 07972 073576
- 19.30 - 20.45 Prenatal Yoga with Anna Sheard (From 14 weeks gestation) - Indictment Room - 07714267546

Wednesday

- 09.00 - 12.30 Cardiac Rehab - Main Hall
- 15.30 - 21.30 Tap and Dance classes with Sandra Davey - Main Hall - 08454 744700
- 17.00 - 17.45 Barre with Sally Frampton - Old Court Room - 07946 310877
- 18.00 - 19.00 Pilates with Sally Frampton - Old Court Room - 07946 310877
- 18.15 - 19.30 Prenatal Yoga with Anna Sheard (From 14 weeks gestation) - Indictment Room - 07714 267546
- 19.45 - 21.00 Seasonal Yoga with Anna Sheard (All levels welcome) - Indictment Room - 07714 267546

Thursday

- 09.00 - 10.00 Seasonal Yoga with Anna Sheard (All levels welcome) - Indictment Room - 07714 267546
- 09.30 - 10.00 Jolly Babies (0-15 months) with Laura May - Council Chamber - 07557 374806
- 09.15 - 10.15 Pilates with Sally Frampton - Old Court Room - 07946 310877
- 10.00 - 11.00 Pilates classes with Jo Webb - Parkes Room - 07730 397396
- 11.10 - 12.10 Pilates classes with Jo Webb - Parkes Room - 07730 397396
- 10.15 - 10.45 Music with Mummy (1-4 years) with Laura May - Council Chamber - 07557 374806
- 10.15 - 11.45 Postnatal 'Yoga for Mummy & Me' with Anna Sheard - Indictment Room - 07714 267546
- 10.30 - 11.15 Barre with Sally Frampton - Old Court Room - 07946 310877
- 11.00 - 11.30 Music with Mummy (1-4 years) with Laura May - Council Chamber - 07557 374806
- 11.45 - 12.15 Jolly Babies (0-15 months) with Laura May - Council Chamber - 07557 374806
- 14.30 - 15.30 Age UK Fitness Class with Jill Hampson - Old Court Room - 07526 534889
- 15.30 - 19.30 Tap and Dance classes with Sandra Davey - Indictment Room - 08454 744700
- 16.30 - 18.50 Yoga (Mixed Ability) with Berit Lindholm - Parkes Room - 07973 900273
- 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

- 10.00 - 10.45 Hop, Skip & Sing (Babies) with Eliza Wylie - Indictment Room - 01749 871086
- 11.00 - 11.45 Hop, Skip & Sing (Toddlers) with Eliza Wylie - Indictment Room - 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 - 07973 900273
- 12.05 - 13.05 Yoga (Mixed Ability) with Berit Lindholm - Parkes Room - 07973 900273

Saturday

- 08.30 -14.00 Ballet Classes with Zoe Burton - Indictment Room or Old Court 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.