



This week at...

Virtual Village Hall

MON 4TH MAY	11am 12pm 2:30pm	Make a Willow Heart with Flowers with Jessica Beginners Pilates with April Chair Yoga: with Dave
TUES 5TH APR	11am 12:30pm 2:30pm	Laughter Yoga Class with Tess Guided Meditation with Max BrainFit Workout with Sam
WED 6TH APR	10am 11am 12:30pm 2:30pm 4:30pm	Dance Fusion with Sophie Make Time to Realign your Posture with Jo 30 min HIIT Workout with Andy FitSteps with Jo 30 min Mindful Mobility Pilates with Kerry
THU 7TH APR	10am 12:30pm 2:30pm	Chair Burlesque with The Crystal Blossom Seated Exercise Class: Sit Fit with Frances 30 min Yoga for Beginners at Home with Dave
FRI 8TH MAY	10am 11am 2:30pm	British Sign Language with Anthony Dance Class with Beth Chair Yoga for Movement Disorders and Health Conditions with Yanar

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