



This week at...

Virtual Village Hall

MON 16TH MAR	11am	Allotment Diaries: Part 20 with Rachel
	12pm	Pilates with April
	2:30pm	Chair Yoga with Dave
TUES 17TH MAR	11am	Irish Dance class with Jack
	12:30pm	Hearty Sausage and Guinness Stew with Irish
		Boxty with Alison
	2:30pm	The Walking Workout™ with Sam
WED 18TH MAR	11am	Make Time to realign with Jo
	12:30pm	Hiit Workout with Andy
	2:30pm	Zumba with Helen
	4:30pm	Mindful Mobility Pilates with Kerry
THU 19TH MAR	11am	Artist in Focus: Max Pechstein Expressionist
		Painting Techniques with Rachel
	12:30pm	Sit Fit with Frances
	2:30pm	Yoga with Dave
FRI 20TH MAR	10am	Teaching British Sign Language BSL Week with Anthony
	11am	Laughter Yoga International Day of Happiness with Tess
	12:30pm	Chair Yoga for Movement Disorders and Health
		Conditions with Yanar Mind & Movement
	2:30pm	Harp Musical Request Session with Fiona

St. Patricks Day!

Scan the QR code to follow our page and join in with our free sessions LIVE!

