

Bodenham Parish Hall Regular Activities Schedule

Club	Meets	Contact
Leisure Club	Monthly on the 2 nd and 4 th Mondays, 2.30 - 4.0pm.	Chairperson –Gwenllian Bowden 01568-797868
Gardening Club	Monthly on the 1 st Tuesday, 7.30pm.	David Griffiths – 01568-797427
Flicks in the Sticks	Sep-Apr; Second Friday each month, 7.30pm	

Weekly Activities

Day	Activity	Contact
Monday	Tai Chi 10.00 – 11.30 am (TT)	Julian Kemp 01568-614468
	Body Fat Shred 6.30 – 7.30 pm	Emma Caldwell 01568-797453, 07971-009691 or ejcaldwell@hotmail.co.uk
	Pilates – 7.35pm	Emma Caldwell (As above)
Tuesday	Pilates 6.00 – 7.00 pm	Emma Caldwell 01568-797453, 07971-009691 or ejcaldwell@hotmail.co.uk
	Airgun Club 8.00 pm	Ian Linton 01568-797375
Wednesday	Tai Chi 9.30 – 11.00 am (TT)	Julian Kemp 01568-614468
	Yoga 6.00 – 7.30 pm (TT)	Fiona Hawkins 01432-860270
	Badminton 8.00 pm	Rob Parker 01568-797091
Thursday		
Friday	Over 50s Exercise 9.00 – 10.00am	Miranda Davies 01432-830675
	Pilates 10.30 – 11.30 am	Emma Caldwell 01568-797453, 07971-009691 or ejcaldwell@hotmail.co.uk

TT – Term Time only.