

## Bodenham Parish Hall Regular Activities Schedule

Club	Meets	Contact
<b>Leisure Club</b>	Monthly on the 2 <sup>nd</sup> and 4 <sup>th</sup> Mondays, 2.30 - 4.0pm.	Chairperson –Gwenllian Bowden 01568-797868
<b>Gardening Club</b>	Monthly on the 1 <sup>st</sup> Tuesday, 7.30pm.	David Griffiths – 01568-797427
<b>Flicks in the Sticks</b>	Sep-Apr; Second Friday each month, 7.30pm	Linda Creaton – 01568-797473

### Weekly Activities

Day	Activity	Contact
<b>Monday</b>	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 <a href="mailto:ejcaldwell@hotmail.co.uk">ejcaldwell@hotmail.co.uk</a>
	Pilates – 7.35pm	Emma Caldwell (As above)
<b>Tuesday</b>	Pilates      6.00 – 7.00 pm	Emma Caldwell 01568-797453, 07971-009691 or <a href="mailto:ejcaldwell@hotmail.co.uk">ejcaldwell@hotmail.co.uk</a>
	Airgun Club    8.00 pm	Ian Linton      01568-797375
<b>Wednesday</b>	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
<b>Thursday</b>	Belly Dancing 7.00 – 8.00 pm and 8.00 – 9.30 pm	Abbie Mason      07962-161081 <a href="mailto:alanya@alanyabellydance.com">alanya@alanyabellydance.com</a>
<b>Friday</b>	Over 50s Exercise 9.00 – 10.00am	Miranda Davies    01432-830675
	Pilates      10.30 – 11.30 am	Emma Caldwell 01568-797453, 07971-009691 or <a href="mailto:ejcaldwell@hotmail.co.uk">ejcaldwell@hotmail.co.uk</a>

TT – Term Time only.