

REGULAR BOOKINGS AT GRANGE HALL

MONDAYS	TIME	ROOM	CONTACT
Pilates	10am – 12noon	Hall	Robin Simms modernpilates@outlook.com 07936 590866
Ceroc	7.30pm – 10.30pm	Hall	Kali Frazer kali@cerocheaven.com 07469 890189
TUESDAY	TIME	ROOM	CONTACT
Caterpillar Music (3 different classes)	9.30am – 12.30pm	Trent Room	Cheryl Ward Cheryl.ward@caterpillarmusic.com 0115 9334589
Tea Dance Session	2pm – 4pm	Hall	June Barkes june.barkes123@btinternet.com 0115 9332159
Weight Watchers	6.30pm – 7.30pm	Trent Room	Lisa Brown 07930 677125
Pilates	7pm – 9pm	Hall	Robin Simms modernpilates@outlook.com 07936 590866
WEDNESDAY	TIME	ROOM	CONTACT
Clubbercise (Two Classes)	7.30pm – 9.30pm	Hall	Trina Kavanagh tkfitness@hotmail.co.uk 07716 815208
THURSDAY	TIME	ROOM	CONTACT
Tumble Tots (Three Classes)	9.30am – 12.30pm	Hall	Fiona Grayton fiona.tumbletots@gmail.com 07429 845132
FRIDAY	TIME	ROOM	CONTACT
Pilates	10.am – 12 noon	Hall	Robin Simms modernpilates@outlook.com 07936 590866
Tea Dance	1.30pm – 3.30pm	Hall	Glenda Mary 0115 9830116