



What's on at the Manor Rooms

Monday

Pilates - Contact- Katerina.bricknell@hotmail.co.uk or 7852 722312

Parish Council meeting – once a month from 7pm

Irish Set Dancing – once a month from 8pm

Tuesday

Enchanted Music & Drama - Contact Debra – 07942 281634 / 01603 620498

Free Spirit Yoga - Contact Vanessa – 07946 003890

Tai Chi - Contact Keith - 01603 622904

Music Group (private group)

Wednesday

Doodles – Becky Griffiths – becky8656@sky.com or 07856 089053

Trowse After School Club (T.A.S.C) – Contact Julie 07765 188479

Non-Impact Aerobics (N.I.A.) – Contact Linda - 01603 611107 or 07900 224402

Thursday

Pilates - Contact- Katerina.bricknell@hotmail.co.uk or 7852 722312

Qigong - Contact - gloria@gloriadean.com

Art Group - Contact Pat - 01603 405100

Karate - Contact Dan - 07931 218065

Friday

Baby & Toddler Group - Contact Rachel – 07450 213135 or 01603 625889

Trowse After School Club (T.A.S.C) – Contact Julie 07765 188479

Ving Tsun - Contact Adie - 07875 345963

Saturday

Pilates - Contact- Katerina.bricknell@hotmail.co.uk or 7852 722312

Anyone wishing to start a class or hire the Manor Rooms please contact Glen on: 07740 782850



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	09:00	09:30	10:00	10:30	11:00	11:30	12:00	12:30	13:00	13:30	14:00	14:30	15:00	15:30	16:00	17:00	17:30	18:00	18:30	19:00	19:30	20:00	21:00	22:00	23:00
Mon			Pilates		Available for hire													Parish Council mtg - ad hoc once a month & Irish Set Dancing - ad hoc once a month				**			
Tues		Enchanted Music Group - term time only					Free Spirit Yoga		Available for hire						Tai Chi		Music Group								
Wed		Doodles - every two weeks commencing 4 October 2017				Available for hire					T.A.S.C. *				N.I.A.	Available for hire									
Thurs		Pilates		Gigong			Art Group							Karate				Available for hire							
Fri	Baby & Todler Group - term time only				Available for hire					T.A.S.C. *					Ving Tsun										
Sat		Pilates					Available for ad hoc bookings e.g. Meetings, children's birthday parties etc.,																		
Sun	Available for ad hoc bookings e.g. Meetings, children's birthday parties etc.,																								

For bookings - please contact Glen Self on 07740782850 or glenself@me.com

* Trowse After School Club is term time only and ad hoc according to numbers

** Ring Glen for further details on any ad hoc bookings