

Day	Class/Group	Time	Contact
Mon	Danceforce	5pm-9pm	07912 675773
	Matayoga: Sivanda Yoga	6:30pm-8pm	07779 595119
	Wing Chun Kung Fu	7pm-9pm	07734 449881
	Krav Maga	8pm-9pm	07939 183173
	South Staff Mus Theatre	7pm-10pm	07795 292099
Tue	Diddidance	10am & 11am	07846 337910
	Matayoga: Pregnancy Yoga	6:30pm-8pm	07779 595119
	Reflections Dance	6.30pm-8pm	07920 407046
	The Discoverers	7pm-9pm	07713 508471
	South Staffs Mus Theatre	7pm-10pm	07795 292099
Wed	Time Out	10am-12pm	01902 572122
	Central Youth Theatre (8-13)	5pm-7pm	01902 572091
	Bollywood Dreams	4:45-9pm	0845 226 8210
	Photo Cafe	6pm-8:30pm	neil@mentalspaces.org
	Yogazone	6:45pm-8pm	07748 300481
	Howling Wolves	7pm-9pm	01902 572122
	Sketchbook Session	7pm-9pm	deadpenscrew@gmail.com
Thu	Women's Group	10am-12pm	01902 572122
	Passion School of Dance	5pm-8:30pm	passionschoolofdance@hotmail.co.uk
	Tae Kwondo	5:45pm-6:45pm	07442 809821
	Yogazone	6:45pm	07748 300481
	Transit Trix	7:30pm - 9pm	07762 765952
Fri	Zest for Pilates	10am-11am	07546 146246
	Matayoga: Baby Yoga	10am-11am	07779 595119
	Stagecoach Minis (2-4yrs)	10.am & 1am	01782 660811
	Stagecoach	4:30pm-7:30pm	01782 660811
Sat	Stagecoach	9am-5:30pm	01782 660811
	Danceforce	10am-5pm	07912 675773
Sun	Excel Tuition	10am-12pm	01902 505066
	Central Youth Theatre (8-12)	11am-1pm	01902 572091
	Central Youth Theatre (13+)	1pm-5pm	01902 572091
	Stitch and Bitch	2pm-4pm	beccibunny@talktalk.net

Have an exciting idea you want to make reality?  
 We can help you find the perfect space to make that idea grow.  
 Email [admin@newhamptonarts.co.uk](mailto:admin@newhamptonarts.co.uk) or call 01902 572090