

# CLASSES AND GROUPS

Mon	Matayoga: Sivananda Yoga	6.30pm-8pm	07779 595119
	Fit Mommas Aerobics	10am-11am	07805 624864
	Wing Chun Kung Fu	7.30pm-8.30pm	07877 102306
	Krav Maga	7.30pm-8.30pm	07939 183173
	Keep Fit	7.15pm-8.15pm	07547 229085

Tue	Diddidance	10am-11am	07846 337910
	Matayoga: Pregnancy Yoga	6.30pm-8pm	07779 595119
	Reflections Dance (14+)	6pm-8.45pm	07920 407046
	The Discoverers (18+)	7pm-9pm	07713 508471
	Long Quan Dao Wu Guan	7pm-8pm	07761 872 592

Wed	Central Youth Theatre (8-13yrs)	5pm-7pm	01902 572091
	Bollywood Dreams	5pm-9pm	reena@bollywooddreamsdance.com
	Yogazone	6.45pm-8pm	07748 300481
	Howling Wolves	7pm-9pm	01902 572122

Thu	Women's Group	10am-1pm	01902 213441
	Passion School of Dance	4pm-9.30m	passionschoolofdance@hotmail.co.uk

Fri	Matayoga: Baby Yoga	9.30am-10.45am	07779 595119
	Pilates for beginners	9.30am-10.30am	07546 146246
	Pilates for improvers	10.30am-11.30am	07546 146246
	Stagecoach	4.30pm-7.30pm	07920 407046

Sat	Stagecoach	9am-5.30pm	07920 407046
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Sun	Central Youth Theatre (8-12 yrs)	11am-1pm	01902 572091
	Central Youth Theatre (13 yrs+)	1pm-5pm	01902 572091

Please note that classes & groups may change after time of publishing, please contact the organiser to confirm details or visit [www.newhamptonarts.co.uk/classes](http://www.newhamptonarts.co.uk/classes).

## FOR MORE CLASSES AND WORKSHOPS CONTACT:

**The Art Room** - [Hannahboydart@gmail.com](mailto:Hannahboydart@gmail.com)

**Kom Achall** - [komachall@hotmail.co.uk](mailto:komachall@hotmail.co.uk)

**The Sculpture Place** - [thesculptureplace@gmail.com](mailto:thesculptureplace@gmail.com)

**Helen Brown** - [helen@mouseflowerceramics.co.uk](mailto:helen@mouseflowerceramics.co.uk)

**Clare Wasserman** - [clare.wasserman@gmail.com](mailto:clare.wasserman@gmail.com)

**Liz Pritchard** - [music@blissfuldragon.com](mailto:music@blissfuldragon.com)