

June 2023 - WHAT'S ON - ST AUGUSTINE'S PARISH HALL (REGULAR GROUPS)

MONDAYS				
	1.30-3pm	Line Dancing		Sian Jenkins 07810 188100
	6.00-7.30pm	Yoga		Jackie Marshall 029 20708762
	7.45pm-8.45pm	Pilates		Ciara horne@yahoo.co.uk
TUESDAYS	10.30am-12.30pm	Line Dancing		Sian Jenkins 07810 188100
	2pm-3.30pm	Gentle Exercise for over 50s		info@withmusicinmind.co.uk 07500 776295
	4.30pm – 6.30pm	Karate		Derek Hughes 07973 506338
	7.30pm-9pm	Latin & Ballroom	Term time	Helen Young 07974 120439
WEDNESDAYS	10am-1pm (2nd Wed of Month)	Penarth & District Quilters		Caron.spencerjones@yahoo.co.uk
	10am-12pm (exc 2nd Wed of Month)	With Music in Mind		info@withmusicinmind.co.uk 07500 776295
	4-5.30pm (every other week)	Cook Stars	Term time	Gemma Hill gemma@cookstars.co.uk
	7pm-8.30pm	Tai Chi	Term time	Christie@shibashi.com 07772 657692
THURSDAYS	9.15am-11.15am	Tots Group	Term time	Margaret Davies mothergoose.mamgu@gmail.com
	5pm-6pm	Miriam Riseborough's Ballet School	Term time	Miriam 07977 898622
	7pm-9pm	Civic Society (usually 3 rd Thursday of month)		
	7pm-9pm	Crafting for Calm (4 th Thursday of month)	Term time	Rhian Dukes 07887 654428
FRIDAYS	10.30am-12.30pm (1st Friday of month)	Line Dancing social		Sian Jenkins 07810 188100
	4.30pm-10pm	Miriam Riseborough's Ballet School	Term time	Miriam 07977 898622
SATURDAYS	9am-3.30pm	Miriam Riseborough's Ballet School (except 4 th Sat – check with Miriam)	Term time	Miriam 07977 898622
	9am-4pm (4th Sat of month)	Penarth & District Quilters		Caron.spencerjones@yahoo.co.uk
SUNDAYS	2-4.30pm (4th Sun of month)	Penarth Repair Café	Not Aug or Dec	penarth@repaircafewales.org
	7pm-9pm	Pilates		Ciara horne@yahoo.co.uk