

OCTOBER 2019 - WHAT'S ON - ST AUGUSTINE'S PARISH HALL (REGULAR CLASSES)

MONDAYS	9.30 -10.30am	Karate Fit	Term time	Andrew Kanias 07917 420180
	1.30-3.30pm	Line Dancing		Sian Jenkins 07810 188100
	6.00-7.30pm	Yoga		Jackie Marshall 029 20708762
	8.00-9.00pm	Zumba	Term time	Samantha Escofet 07810 821377
TUESDAYS	10am-1.00pm	Line Dancing		Sian Jenkins 07810 188100
	4.30pm – 6.30pm	Karate		Derek Hughes 07973 506338
	7.30pm-9pm	Latin & Ballroom for Improvers/ Intermediate	Term time	Helen Young 07974 120439
WEDNESDAYS	10am-1pm (2nd Wed of Month)	Penarth & District Quilters		Cilla Parsons 07855199495
	6pm-7pm	Zumba	Term time	Samantha Escofet 07810 821377 or Amy Rasbuary 0754512765
	7.30pm-8.30pm	Latin & Ballroom for Beginners	Term time	Helen Young 07974 120439
THURSDAYS	9.15am-11.15am	Tots Group	Term time	Shelley Norton 07886 020923
	2.30pm (usually) (1st Thurs of month)	Mothers' Union		Delyth Williams 20705898
		(We don't take regular bookings on Thursday as we use the hall for parish events. One-off bookings may be considered if nothing else is on)		
FRIDAYS	10am-12.00pm	Line Dancing		Sian Jenkins 07810 188100
	4pm-8.30pm	Miriam Riseborough's Ballet School	Term time	Miriam 07977 898622
SATURDAYS	9am-4.30pm	Miriam Riseborough's Ballet School (except 4 th Sat – check with Miriam)	Term time	Miriam 07977 898622
	10am-4pm (4th Sat of month)	Penarth & District Quilters		Cilla Parsons 07855199495
SUNDAYS	7.30pm-9.30pm (every 2nd week)	John Chard Dance Class (Latin & Ballroom)		