

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

| | | | | |
|-------------------|---|---|----------------|---|
| MONDAYS | 9.30 -10.15am | Supastrikers 2-3yrs | Term time | supastrikerscardiff@gmail.com |
| | 10.30-11.15am | Supastrikers 3-4yrs | Term time | supastrikerscardiff@gmail.com |
| | 1.30-3.30pm | Line Dancing | | Sian Jenkins 07810 188100 |
| | 4-4.45pm | Supastrikers 4-5yrs | Term time | supastrikerscardiff@gmail.com |
| | 6.00-7.30pm | Yoga | | Jackie Marshall 029 20708762 |
| | 7.45pm-8.45pm | Pilates | | Ciara_horne@yahoo.co.uk |
| TUESDAYS | 10am-1.00pm | Line Dancing | | Sian Jenkins 07810 188100 |
| | 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 |
| | 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 |
| | 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 | 12.30-2.30pm | Moo Music | Term time | Kirsty |
| | 4pm-8pm | 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 |
| SUNDAYS | 10am-4pm (4th Sat of month) | Penarth & District Quilters | | Caron.spencerjones@yahoo.co.uk |
| | 2-4.30pm (4th Sun of month) | Penarth Repair Café | Not Aug or Dec | penarth@repaircafewales.org |
| | 7.30pm-8.30pm | Pilates | | Ciara_horne@yahoo.co.uk |