

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

<b><u>Mondays</u></b>		
9.30 -10.30am	Karate Fit	Term time
1.30-3.30pm	Line Dancing	
4.45-5.45pm	Miriam Riseborough's Ballet School	Term time
6.00-7.30pm	Yoga	
8.00-9.00pm	Zumba	
<b><u>Tuesdays</u></b>		
10am-1.00pm	Line Dancing	
7.15pm-8.15pm	Latin & Ballroom for Improvers	Term time
8.15pm-9.15pm	Latin & Ballroom for Intermediate	Term time
9.15pm- 9.45pm	Latin & Ballroom practice session	Term time
<b><u>Wednesdays</u></b>		
10am-1pm <b>(2nd Wed of Month)</b>	Penarth & District Quilters	
2.30pm-4pm	Extend - movement class for older people	
4.30pm-5.30pm	CookEd Up – fun, food & nutrition for children	Term time
6pm-7pm	Zumba	
7.30pm-8.30pm	Latin & Ballroom for Beginners	Term time
<b><u>Thursdays</u></b>		
9.15am-11.15am	Tots Group	
2.30pm (usually) <b>(1<sup>st</sup> Thurs of month)</b>	Mothers' Union	
	(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)	
<b><u>Fridays</u></b>		
10am-12.00pm	Line Dancing	
4pm-8pm	Miriam Riseborough's Ballet School	Term time
<b><u>Saturdays</u></b>		
9am-3pm	Miriam Riseborough's Ballet School (except 4 <sup>th</sup> Sat – check with Miriam)	Term time
10am-4pm <b>(4<sup>th</sup> Sat of month)</b>	Penarth & District Quilters	
<b><u>Sundays</u></b>		
7.30pm-9.30pm <b>(every 2nd week)</b>	John Chard Dance Class (Latin & Ballroom)	

**Contacts – see next page.....**

## **Contacts**

<a href="#">Karate Fit</a>	Andrew Kanas 07917 420180
Line Dancing	Sian Jenkins 07810 188100
Yoga	Jackie Marshall 029 20708762
Zumba	<a href="#">Samantha Escofet</a> 07810 821377 or Amy Rasbuary 0754512765
Latin & Ballroom	<a href="#">Helen Young</a> 07974 120439
Penarth & District Quilters	Cilla Parsons 01446 700760
Extend	Margaret Billing 02920 757302
<a href="#">CookEd Up</a>	Jo Greenaway 07702 495021
Tots	Pat Breay 029 20350100
Mothers' Union	Delyth Williams 20705898
John Chard Dance Class	07792 994074
<a href="#">Miriam Riseborough School of Ballet</a>	07977 898622