

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

MONDAYS	9.30 -10.30am	Karate Fit	Term time	Andrew Kanias 07917 420180
	10.45am – 11.45am	BarreConcept		Louise Lloyd 07539 342827
	1.30-3.30pm	Line Dancing		Sian Jenkins 07810 188100
	4.45-5.45pm	Miriam Riseborough's Ballet School	Term time	Miriam 07977 898622
	6.00-7.30pm	Yoga		Jackie Marshall 029 20708762
	8.00-9.00pm	Zumba		
TUESDAYS	10am-1.00pm	Line Dancing		Sian Jenkins 07810 188100
	4pm – 6pm	Street Feet Dance	Term time	Cerys Vaughan 07584 435413
	7.15pm-8.15pm	Latin & Ballroom for Improvers	Term time	Helen Young 07974 120439
	8.15pm-9.15pm	Latin & Ballroom for Intermediate	Term time	Helen Young 07974 120439
	9.15pm- 9.45pm	Latin & Ballroom practice session	Term time	Helen Young 07974 120439
WEDNESDAYS	10am-1pm (2nd Wed of Month)	Penarth & District Quilters		Cilla Parsons 01446 700760
	2.30pm-4pm	Extend - movement class for older people		Margaret Billing 02920 757302
	4.30pm-5.30pm	CookEd Up – fun, food & nutrition for children	Term time	Jo Greenaway 07702 495021
	6pm-7pm	Zumba		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		Pat Brey 029 20350100
	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-8pm	Miriam Riseborough's Ballet School	Term time	Miriam 07977 898622
SATURDAYS	9am-3pm	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 01446 700760
SUNDAYS	7.30pm-9.30pm (every 2nd week)	John Chard Dance Class (Latin & Ballroom)		John 07792 994074