



COSY HALL

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REGULAR CLASSES AT COSY HALL - Spring 2019

<u>Day</u>	<u>Class</u>	<u>Time</u>	<u>Frequency</u>
MONDAY	Pilates	10.30 - 11.30	Weekly [term time]
	Slimming World	17.00 & 19.00	Weekly
	Guild of Silk Painters	19.00 - 21.30	3 rd Monday in month
	Yoga	19.30 - 20.30	Not 3 rd Monday
TUESDAY	Tai-Chi (<i>Beginners + Continuing</i>)	09.30 - 11.45	Weekly
	Diddi Dance	13.15 - 14.15	Weekly [term time]
	Pottery	14.00 - 16.00	Weekly 1 st &2 nd Week
	Singing Lessons	16.15 - 17.15	Weekly
	Beaumaris Singers	19.15 - 21.30	Weekly
WEDNESDAY	Children's Activity Group	09.00 - 11.30	Weekly
	Legs, bums & tums (T&W)	11.45 - 12.45	Weekly
	Townswomen's Guild	14.00 - 16.00	1 st Wednesday in month
	Pilates	18.00 - 19.00	Weekly
	Funky Fit	18.30 - 20.00	Weekly
	Pilates	19.15 - 20.15	Weekly [term time]
	Male Voice Choir	19-30 - 21.30	1 st Wednesday in month
THURSDAY	Dressmaking	09.30 - 12.00	Weekly
	Yoga	10.15 - 11.45	Weekly [term time]
	Pilates (T&W)	12.00 - 13.00	Weekly
	Pilates	18.15 - 19.15	Weekly [term time]
	Dressmaking	19.30 - 21.30	Weekly
	Trefoil Guild	19.30 - 21.30	2 nd Thursday in month
	Argentine Tango	19.30 - 22.30	Weekly
FRIDAY	French	10.00 - 12.00	Weekly [term time]
	Yoga	10.30- 12.00	Weekly
	French	13.30 - 15.30	Weekly [term time]
SATURDAY	Newport Musical Theatre	10.00 - 12.00	Weekly Juniors
	Newport Musical Theatre	11.30 - 14.30	Weekly New Students
	Sewing Bee	14.00 - 17.00	Monthly
SUNDAY Sunday	Newport Christian Fellowship	10.00 - 13.00	Weekly
	Argentine Tango	15.00 - 19.00	2 nd Sunday in Month

