



COSY HALL

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REGULAR CLASSES AT COSY HALL - SUMMER 2017

<u>Day</u>	<u>Class</u>	<u>Time</u>	<u>Frequency</u>
MONDAY	Diddi-Dance	09.30 - 10.30	Weekly [term time] from Sept
	Pilates	10.45 - 11.45	Weekly [term time]
	Slimming World	17.00 & 19.00	Weekly
	Guild of Silk Painters	19.00 - 21.30	3 rd Monday in month
TUESDAY	Kbell	09.00 - 10.00	Weekly
	Tai-Chi (Beginners + Continuing)	09.30 - 12.15	Weekly
	Alzheimer's Society	13.30 - 16.00	1 st Tuesday in month
	Zumba	18:30 - 19:30	Weekly
	Wine Appreciation	19.00 - 21.00	Weekly [Sept to March]
	Beaumaris Singers	19.45 - 22.00	Weekly
WEDNESDAY	Slimming World	09.30 - 10.30	Weekly
	Tone & Sculpt	09:15 - 10:15	Weekly
	Fitness Yoga	10:30 - 11:30	Weekly
	Fitness Class (T&W)	11.45 - 12.45	Weekly
	Taoist Meditation	13.00 - 14.00	Weekly
	Townswomen's Guild	14.00 - 16.00	1 st Wednesday in month
	Funky Fit	18.30 - 20.00	Weekly
	Pilates	19.15 - 20.15	Weekly [term time]
THURSDAY	Yoga	10.15 - 11.45	Weekly [term time]
	Fitness Classes (T&W)	12.00 - 14.00	Weekly
	Art Class	13.00 - 15.00	Weekly [term time]
	Kick Boxing	17.00 - 19.00	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	Zumba	09.30 - 10.30	Weekly
	French	10.00 - 12.00	Weekly [term time]
	French	13.30 - 15.30	Weekly [term time]
SATURDAY	MTPC	10.00 - 13.30	Weekly from Sept
	Sewing Bee	14.00 - 17.00	Monthly
SUNDAY	Newport Christian Fellowship	10.30 - 13.00	Weekly

Please note that these details are subject to change and are supplied by Cosy Hall for information only
For class information see the notice boards or contact Cosy Hall.

