

Timetable of Activities at North Heath Hall

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10.30am - 11.30am Semka Tai Chi	10.00am - 11.00am Carol Boughton Pilates 07765 655872		10.00am - 11.00am Carol Boughton Pilates 07765 655872	8.30am - 1.00pm Slimming World	8.45am - 4.00pm Horsham School of Dance	10.00am - 12.30pm Church Service
1.45pm - 4.00pm North Heath Short Mat Bowls Bill King - 01403 253752	2.00pm - 4.30pm Horsham Flower Club - 2nd Tuesday of the month (except August) Christine Denne - chris.denne@yahoo.com, mob: 07941 751635	1.15pm - 2.15pm Horsham School of Dance	11.30am - 12.30pm Moves Fitness Gold class 60+ christinebailey218@gmail.com 07979 973308			
		4.30pm - 5.30pm Horsham School of Dance	3.45pm - 6.45pm Horsham School of Dance			
7.00pm - 8.00pm Pilates Class	6.45pm - 8.00pm Yoga Kate Batchelor The Yoga Batch 07899 033666 theyogabatch@gmail.com www.theyogabatch.co.uk www.facebook.com/theyogabatch	7.00pm - 8.00pm Zumba www.jenny-blue.com 07831531492	7.15pm - 8.15pm Womens Boxing Fitness Class	6.00pm - 7.30pm Dance Fusion Louise Miah loumiah@hotmail.co.uk		

This timetable is a general guide to the regular activities at this venue, but for for further details, please contact the relevant group.